



# SAABE TIMES

A publication of the San Antonio Association of Building Engineers

November 2002

Mark Your Calendar—

## JOIN US FOR OUR NOVEMBER LUNCHEON

Please join us on Wednesday, November 20 at the Old San Francisco Steakhouse for our monthly membership luncheon, sponsored by Amcon Controls, Inc. Rick Boers with Honeywell Burner Boiler Controls will present a program on the proper selection, application, and installation of combustion safety controls for commercial and industrial-space heating and process boilers. The guidelines for the selection and application of these combustion safety devices is dictated by insurance standards and national and local safety codes covering boiler safety. These guidelines will be covered in the presentation and will enable boiler operators and owners to better understand and determine if their current boiler/combustion safety controls adhere to these guidelines.

We will also be collecting clothing for a holiday clothing drive. Please drop off your donations in the box when you register.

### About the Presenter

Rick Boers has been with Honeywell Burner Boiler Controls (Lakewood, Colorado) for eleven years. Rick has 28 years in the HVAC Equipment/Service and Burner/Combustion Safety Controls field working for contractors, wholesale/distributors, and manufacturers.

We hope to see you there! ❖

## Tech Talk #66

by The Charlie

### CO POISONING – KNOW THE SYMPTOMS

*Carbon monoxide (CO) poisoning can be deadly. To be safe, you need to know how to prevent it from happening to you, your tenants, and your family!*

When carbon monoxide (CO) replaces oxygen in the bloodstream, it can cause serious injury, even death.

#### Where does it come from?

When fossil fuels (such as gasoline, wood, coal, propane, methane, etc.) burn incompletely, CO is created. CO is an invisible, odorless, and colorless gas. Heating and cooking equipment are possible sources of CO, and vehicles running in a garage can also produce dangerous levels.

#### How does it affect us?

When CO replaces oxygen in the bloodstream, CO poisoning results. How CO poisoning affects someone depends on the person's age, health, and the amount of exposure (both in concentration and length of time).

Mild CO poisoning can feel like the flu; but more serious poisoning can lead to difficulty breathing and to death.

High concentrations of CO can be dangerous even if a person is exposed to it for only a short time. The table in the sidebar on page four illustrates typical symptoms of CO poisoning based on concentration and length of exposure. These symptoms are for healthy adults and may not be accurate for everyone because of age or health differences.

#### How to protect yourself

- Don't run a vehicle or other fueled engine or motor inside a closed area, even if the doors are open.
- Have your vehicle tested for exhaust leaks.
- At home and at work, have fuel-burning equipment (such as fireplaces, furnaces, boilers water heaters, etc.) checked as prescribed by local codes. At home, have them checked before the cold weather sets in.
- Have your chimney checked annually. For a list of chimney sweeps certified by the Chimney Safety Institute of America®, write to CSIA, 16021 Industrial Drive, Suite 8, Gaithersburg, MD 20877, or visit CSIA's website at <http://www.csia.org>
- When using the fireplace, always open the flue greater than necessary.
- Here's a smart one – always use barbeque grills outside and never in the house!

(Continued on page 4)



# A Message from the President

by Elena C. Castillo

## Chemical Emergencies

Last month, I talked about being prepared for home emergencies. This month, I'd like to talk more about a specific kind of emergency – a chemical emergency.

Chemicals are an important part of life and a natural part of our environment. Even though we often don't think about it, we use chemicals every day. Chemicals help keep our food fresh and our bodies clean. They help our plants grow and fuel our cars. And chemicals make it possible for us to live longer, healthier lives. But under certain conditions, chemicals can be poisonous or have a harmful effect on your health. Some chemicals, which are safe and even helpful in small amounts, can be harmful in larger quantities. Chemical accidents do happen – at home and in the community – and the American Red Cross wants you to be prepared.

You may be exposed to a chemical in three ways:

1. Breathing the chemical.
2. Swallowing contaminated food, water, or medication.
3. Touching the chemical, or coming into contact with clothing or things that have touched the chemical.

Remember, you may be exposed to chemicals even though you may not be able to see or smell anything unusual.

### Major Chemical Emergencies

A major chemical emergency is an accident that releases a hazardous amount of a chemical into the environment. Accidents can happen underground, on railroad tracks or highways, and at manufacturing plants. These accidents sometimes result in a fire or explosion, but many times you cannot see or smell anything unusual.

In the event of a major chemical emergency, you will be notified by the authorities. To get your attention, a siren could sound, you could be called by telephone, or emergency personnel could drive by and give instructions over a loudspeaker. Officials could even come to your door. Listen carefully to radio or television emergency alert stations and strictly follow instructions. Your life could depend on it.

You will also be told the type of health hazard; the area affected; how to protect yourself; evacuation routes (if necessary); shelter locations; type and location of medical facilities; and the phone numbers to call if you need extra help.

Do not call the telephone company, and do not call EMS 9-1-1 or the operator for information. Dial these numbers only for a life-threatening emergency. If you are told to evacuate, listen to your radio to make sure the evacuation order applies to you and to understand if you are to evacuate immediately or if you have time to pack some essentials. It is important to say calm, listen carefully and follow all instructions. Do not use your telephone.

## SYMPTOMS OF CHEMICAL POISONING

Source: American Red Cross

Symptoms of chemical poisoning include:

- Difficulty breathing
- Changes in skin color
- Headache or blurred vision
- Dizziness
- Irritated eyes, skin, throat
- Unusual behavior
- Clumsiness or lack of coordination
- Stomach cramps or diarrhea ❖

If the authorities tell you to evacuate because of a possible chemical emergency, take your Family Disaster Supplies Kit (see last month's President's Letter); a change of clothing for each member of the family; medication, eyeglasses, hearing aids, dentures, and items such as canes and walkers; personal items such as toothbrushes, deodorant, etc; items for your baby such as diapers, formula, or baby food; and books, puzzles, or cards and games for entertainment.

Do not assume that a shelter will have everything you need. In most cases, the shelters will provide only emergency items such as meals, cots, and blankets.

Check on neighbors to make sure they have been notified, and offer help to those with disabilities or other special needs. If you need a ride, ask a neighbor. If your neighbor is available to help you, listen to the emergency broadcast station for further instructions. Take only one car to the evacuation site. Close your car windows and air vents and turn off the heater or air conditioner. Don't take shortcuts because a shortcut may put you in the path of danger. For your safety, follow the exact route you are told to take.

### Chemical Exposure

If you think you have been exposed to a toxic chemical by means of swallowing, touching, or inhaling (see list of symptoms in the above sidebar), call the Poison Control Center, EMS 9-1-1, or the operator. If you see or smell something that you think may be dangerous, or find someone who has been overcome with toxic vapors, your first job is to make sure that you don't become a victim. If you remain in a dangerous area and become injured or unconscious, you cannot help yourself or any victims.

(Continued on page 7)



## October Luncheon: Roundtable Discussions

October's luncheon featured a series of roundtable discussions. To get started, each table was provided with one or two prepared questions, but the conversations often veered off into other areas. Topics included fire drills, bird and cricket control, cooling tower performance, and mildew on bricks.

One engineer suggested that the fire department is very willing to come out and help you with your fire drills. Just make sure to provide them with enough notice. City codes and most insurance policies require fire drills twice a year.

Another engineer suggested a drill to determine how long it takes you to get from the scene of an accident to the MSDS book. Often the MSDS is kept in a central location; a drill can help you determine if its location will work in an emergency.

Don't miss the November SAABE program – come and visit with other building engineers and learn from their experiences. ❖

## 2003 Board Elections

At the December meeting, SAABE members will elect the following board members: President, 1st VP, 2nd VP, Treasurer, and Vendor Representative. If you'd like to nominate someone for any of these positions, please do so at the November meeting. ❖

**Scott Meyerkord**  
Existing Building Sales Consultant



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### Email Addresses

Send your email address to  
laurabray@braycommunications.com to receive the latest news! ❖

## October Door Prize Winner

**Jack Reinhart:** \$100 in services donated by Blackmon Mooring (donated by Robert Steele)

If you'd like to donate a door prize, please contact SAABE president Elena Castillo. ❖



**Tech Talk #66**

*(Continued from page 1)*

- When buying a home, have a qualified technician evaluate the integrity of the heating and cooking systems as well as the sealed spaces between the garage and house.
- Parking structure fans were installed for a reason, and it's not to keep it cool. They are there to purge the garage air of CO.
- When camping, use battery-powered heaters and flashlights in tents, trailers, and motor homes.
- If you purchase CO detectors, be sure to use detectors listed by a qualified, independent lab (such as UL or Underwriters Labs).

CO detectors are not substitutes for smoke detectors or good preventative maintenance of heating equipment. But having both sure increases your chance of reading another Tech Talk article next month!

**Next Month:** Creating Eye-Catching Cover Letters

**JUSTA MAINTENANCE MAN** ❖

**CO POISONING SYMPTOMS**

*Source: Consumer Product Safety Commission*

Concentration (PPM)	Symptoms
35	No adverse effects within 8 hours
200	Mild headache after 2 to 3 hours exposure
400	Headaches and nausea after 1 to 2 hours
800	Headache, nausea, and dizziness after 45 minutes, collapse after 2 hours
1,000	Loss of consciousness after 1 hour
1,600	Headache, nausea, and dizziness after 5-10 minutes, unconsciousness after 30 minutes
12,000	Immediate physiological effects, unconsciousness, and danger of death after 1-3 minutes. ❖

**THANK YOU  
Meeting Sponsors!**

SAABE would like to thank our meeting sponsors for 2002:

**City Public Service      Voss Lighting**

**Holt Power Systems      Ed Flume Building Specialties**

**York International      Amcon Controls, Inc.**

If you'd like to sponsor a meeting, please contact SAABE president Elena Castillo. ❖

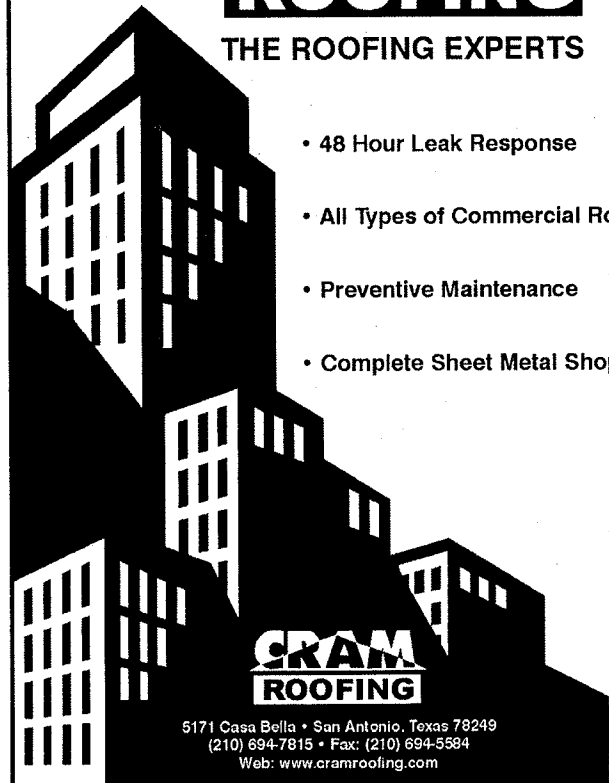
We need meeting sponsors! Associate members can sponsor a SAABE luncheon and provide a speaker on your field of expertise. It's a great way to show off your knowledge and experience to the SAABE membership.

Sponsorship cost is \$500. Please contact SAABE President Elena Castillo if you would like to sponsor an upcoming meeting. ❖

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## Education Corner

### Fundamentals of Pneumatic Controls in HVAC

- Park Inn Conference Center (10811 N. IH-35), San Antonio, November 21 or 22, 8:30 am-4:30 pm.
- Presented by Amy Ables. Topics include basic pneumatic control concepts, air compressor maintenance, direct and reverse acting thermostats, a "hands-on" thermostat calibration lab, and more.
- Cost: \$125 per person.
- Contact Amy Ables for more information at (512) 331-1086.

### Texas State Air Conditioning and Refrigeration License Preparation Courses (endorsed by TACCA)

- Sponsored by Construction Data.
- November 15-17, Austin.
- December 6-8, Houston.
- Call (800) 969-7731 for more information.

### Mechanical, Building, and Electrical Codes

- Sponsored by AAFAME.
- November 19, 8:30 am-noon, Austin.
- Cost: \$25.
- Call (512) 219-8663 for more information. ❖

## Building Tour

It's almost that time again. Is there a building you would like to tour next year? Does your building have new equipment installations? How about touring a new building from the ground up?

New or old, the membership would enjoy touring a different building with different equipment. This would give members an idea on what type of equipment serves which floors, what effect those floors would have if the equipment went down, and the cfm or gpm the equipment puts out.

If you know of someone who might be interested in conducting a tour, contact any of the board members to make arrangements. ❖

## RSVPs are Important

SAABE's monthly membership luncheons are a great way to meet new people and share ideas. Regular members receive a free lunch as part of their membership dues; lunch is only \$15 for associate members.

When you RSVP for a meeting, we order a meal for you at the Old San Francisco Steak House. If you then don't attend the meeting, your meal sits there uneaten. At several recent meetings, SAABE has thrown away over fifteen uneaten meals due to no-shows. This has cost SAABE nearly \$500—a waste of your important membership dues.

Everyone has last minute emergencies. But if you have RSVP'd for a lunch and cannot attend, **please** call or email Laura Bray (210-408-1699, [laurabray@braycommunications.com](mailto:laurabray@braycommunications.com)) and let her know that you cannot attend.

Regular members who RSVP and do not attend will be billed \$5 to help defray the cost of the uneaten meal. As usual, associate members who RSVP and do not attend will be invoiced for the full cost of the meal (\$15).

Please help us use your membership dues wisely and **cancel** your RSVP if you cannot attend! We appreciate your help! ❖

### It Pays to Advertise in SAABE TIMES

<u>Dimensions</u>	<u>1 Issue</u>	<u>3 Issues</u>	<u>1 Year</u>
Full page	\$110	\$280	\$1,000
Half page	\$60	\$150	\$575
Quarter page	\$30	\$75	\$280
Business card	\$20	\$50	\$190

(call for ad dimensions, 210-408-1699)

Send ad copy (preferably in TIF, EPS, or WMF formats) and payment to SAABE, 14602 Huebner Rd, #116, PMB 149, San Antonio, TX 78230, or email to [laurabray@braycommunications.com](mailto:laurabray@braycommunications.com)



## Job Openings

**Facility Engineer:** Family Violence Prevention Services seeks a Facility Engineer to operate and maintain our new 37,000-sf residential facility, a 12,000-sf administrative office building, and multiple transitional housing (residential). Experience must include operation of building functions, a/c, electrical and plumbing maintenance, and carpentry. The ability to be proactive in operations, secure bids, develop and maintain good contractor/vendor relations, oversee employee(s), and work as part of our team is a must. We are looking for a candidate desiring to develop their leadership skills. Please send resumes to FVPS, 7911 Broadway, San Antonio, TX 78209. EOE.

**Assistant Building Engineer:** The Mercantile (Texas Name Ltd.) is looking for a handyman or an assistant building engineer. Duties include painting, power-washing, changing light bulbs, etc. Health/dental offered after a 90-day probationary period. Please contact Adrienne Hatcher at (210) 348-6400 or fax resume to (210) 308-5873.

## Heater Safety

As many homeowners have their heaters serviced for the approach of winter, the Texas Department of Licensing and Regulation (TDLR) encourages consumers to use only licensed air conditioning and heating contractors to perform these services. Licensed contractors have passed a state-administered exam and have met mandatory experience requirements.

"Heating and air conditioning contractors are required to be licensed. Consumers risk financial and physical harm by using unlicensed contractors who operate outside the consumer safeguards provided by state law," said Bill Kuntz, Executive Director. "Their business practices are often unethical and their workmanship is frequently inferior. A faulty heater during winter could cause deadly carbon monoxide poisoning or an explosive gas leak."

TDLR offers these tips to help identify unlicensed contractors.

- State-issued license numbers, which begin with TACL, must be on all print advertisements, company vehicles, business cards, work proposals, and invoices. If no license number is evident, the contractor is most likely not licensed to work in the state.

- Check the status of a license at the TDLR website ([www.license.state.tx.us](http://www.license.state.tx.us)) or by phone (1-800-803-9202).

Consumers may also report complaints against contractors or research a contractor's complaint history by visiting TDLR's website or by calling 1-800-803-9202. ❖

**Maintenance Engineer:** Randolph Brooks Federal Credit Union is looking for a maintenance engineer to take care of its new administration building (under construction). This person would be responsible for repair and maintenance and contractor selection and supervision (for this structure, 119,000 sf). HVAC, mechanical, and building system knowledge required. Competitive salary and excellent benefits package. Contact Rudy Balboa at (210) 637-3648.

For more details and current job openings, visit the SAABE web site at [www.saabe.org](http://www.saabe.org). ❖

## Community Service Centers

The City of San Antonio has four Community Link Service Centers (see locations below) to move City Hall closer to the suburbs. Citizens can stop and pay a traffic ticket, buy a pet license, or take care of other city business. City employees can provide a wide variety of services or just help customers resolve important issues. The centers are open beyond normal business hours and on Saturdays.

### Las Palmas Shopping Center

803 Castroville Rd, Suite 132  
207-6545

*Open M-F 8-6, Sat 10-6*

### McCreless Mall

4100 S. New Braunfels  
207-6570

*Open M-Sat 10-7*

### South Park Mall

2310 S.W. Military  
207-6141

*Open M-Sat 10-7*

### Valley View Shopping Center

8523 Blanco Road  
207-6150

*Open M-F 8-6, Sat 10-6 ❖*



**President's Letter**

*(Continued from page 2)*

Because chemical poisoning can be a life-threatening emergency:

1. Send someone to call EMS immediately.
2. Tell the operator the location of the emergency and the phone number from where you are calling.
3. Describe what has happened, how many people are involved, and what is being done to help.
4. Stay on the phone until the operator tells you to hang up.

If you are trained in CPR or first aid, and feel confident that you are not in danger, check the person for life-threatening injuries. Administer appropriate treatment, and then deal with the chemical injuries. If you have not recently taken a course in CPR or first aid, contact your local Red Cross for course information and schedules.

Source: American Red Cross ❖

**Welcome New Members**

**Entech Sales and Service**  
2516 Freedom  
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Chris Hinders: (210) 824-3382  
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**Membership Directories**

Pick up your copy of the 2003 Membership Directory at the November meeting. ❖

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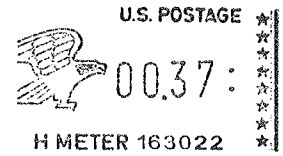
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Charles H. Mikolajczyk, Jr., CBE  
 Endeavor Real Estate Group  
 8000 IH 10 W, Suite 250  
 San Antonio, TX 78230

## SAABE TIMES November Issue

### *Final Thought:*

The tongue is but three inches long, yet it can kill a man six feet high. –  
*Japanese Proverb*

### 2002 Board of Directors

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Kendal Langenberg Secretary	967-8768
Doug Graves Treasurer	828-7712
Kenny Aguilar Education Director	859-5237
Mike Alvarez Vendor Representative	599-6120

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Laura Bray 408-1699  
 Association Coordinator  
 (laurabray@braycommunications.com)

### Membership Luncheon November 20, 2002

**Time:** 11:30 a.m.  
**Location:** Old San Francisco Steakhouse  
**Program:**  
 Combustion Safety Controls  
 Sponsored by Amcon Controls, Inc.

**Upcoming Luncheon:**  
**December 18, 2002**  
**Annual Holiday Luncheon**

The *SAABE Times* is edited by Laura Bray and printed monthly for the San Antonio Association of Building Engineers by:

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