



5 Ways to Beat the Summer Heat on a Construction Job Sites



Outdoor construction sites rarely see ideal temperatures, especially during the dog days of summer. Workers may spend hours under the sun, which can be a huge health hazard if certain safety procedures aren't taken.

Surviving the hottest days of the year sounds a lot harder than it actually is. Here are five easy ways to beat the heat at a construction site:

1. Drink plenty of fluids

You probably hear it all the time, but drinking fluids is the easiest and best way to beat the heat. If you wait to drink fluids until you're thirsty, you're probably too late and already dehydrated. Forcing yourself to drink some cool water every hour, or a healthy beverage (no soda or alcohol), can literally save your life during extreme temperatures.

2. Dress accordingly

Wear lightweight and light-colored clothing to help stay cool. If possible, find clothing and protective gear with moisture wicking properties. If you're working in an area exposed to direct sunlight, wear sunglasses or protective shades to protect your eyes.

3. Rest

If something with your body doesn't feel right, it's probably not. Find a cool area and sit down, even if it's just for a minute or two. Don't be afraid to admit that the heat is too much for you to handle. If your boss is a decent human being, he/she will allow you an extra short break or two during times of extreme heat. Remember: If you don't take care of yourself, nobody will do it for you.

4. Eat properly

Almost everyone knows how important it is to drink fluids when they are out in the heat, but some people forget about eating. Although it's important to never overeat, especially when it's super hot outside, it is important to never skip meals. Food is one way your body recovers from the stress of hot conditions.

5. In case of emergency...

It is important for everyone to know what to do at his or her workplace in case of an emergency. If it's extremely hot outside and a co-worker seems disoriented, call 911 immediately because they may be suffering a heat stroke. While you're waiting for paramedics to get to the scene, attempt to move the co-worker to a cooler area, remove any unnecessary clothing, provide drinking water and turn on a fan in their direction, or mist them with water.

Excerpt: <http://www.equipmentworld.com/5-easy-ways-to-beat-the-summer-heat-on-a-construction-jobsite/>



DBE Opportunities

Want to learn more about the DBE Program

Schedule your Business Consulting Session Now

This will be an opportunity to discuss your goals and objectives along with some of the great opportunities CEI/WVDOT provides for DBE's.

Please call: 855-678-9323

About The Program

The Construction Estimating Institute (CEI) works with West Virginia Department of Transportation (WVDOT) as the statewide provider of the federally funded Disadvantaged Business Enterprises (DBE) Supportive Services Program.

We want to increase the number of certified DBEs participating in highway and bridge construction, as well as assist DBEs in growing and eventually becoming self-sufficient. Additionally, CEI provides supportive services by assisting prime contractors and consultants with identifying DBEs for subcontracting opportunities on priority projects.

Learn Today for Tomorrow



DOH Scholarships

The Commissioner of Highways may award up to \$12,000.00 in scholarship money to eligible students to aid in attracting competent personnel to employment with the WV Division of Highways.

To be eligible for one of these scholarships, an applicant must:

- Be enrolled in a Civil Engineering, General Engineering, Computer Sciences, or Accounting baccalaureate degree or Juris Doctorate degree at a state accredited college or university;
- Be entering the junior year of college in the eligible degree program or second year of law school;
- Be a West Virginia resident;
- Have a minimum over all (cumulative) college grade point average of 2.50 on a 4.00 scale;
- Be a Division of Highways Co-op in good standing for at least one year;
- Agree to work for the WV Division of Highways immediately following the date of the receipt of an eligible degree;
- Complete and file an application by the established due date as well as comply with all other requirements adopted by the Commissioner of Highways.

If awarded a scholarship, each recipient will be required to execute a negotiable promissory note. If, upon graduation or completion of the approved course of study, the recipient enters the employ of the WV Division of Highways, the Commissioner will credit the oldest outstanding note in the amount of \$1,500.00 for every six months period of employment. If a recipient does not enter the employ of the WV Division of Highways or leaves the employ of the WV Division of Highways prior to earning full credit for all notes, the recipient will be required to repay any unpaid amount.

Applicants may print an application packet below or request an application packet by visiting or contacting the: West Virginia Division of Highways, Human Resources Division, 1900 Kanawha Boulevard, East, Building Five, Room A-317, Charleston, West Virginia 25305 or telephone (304) 558-3111.

Deadline is June 30th of each year

Applications will be accepted between May 1st and June 30th of each year. Applicants will be notified of the granting or non-granting of a scholarship by August 15th.

See Excerpt: <http://www.transportation.wv.gov/business-manager/human-resources/Pages/DOHScholarships.aspx>

Supportive Services Offered



- Estimating Training
- Building Capacity
- Mobilization Financing
- Bonding Assistance
- Marketing Plan Development
- Creating a Business Plan
- Building a Website



CEI is an educational organization providing the highest quality construction training in the industry. Over 100,000 owners, estimators, project managers, field supervisors, office support staff, foremen, laborers, and key management personnel have attended courses that are offered nationwide. The courses provide students with construction skills training and the critical information needed to be effective within their companies and organizations.

CEI DBE Supportive Services

Call 855-678-9DBE (9323) or visit us online at www.wvdbesupport.com