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2000 Heim Christmas Party



By: Priscilla C. Bashore

What is your favorite part of the Heim Christmas Party? Is it the little hot dogs? Maybe it's the open bar? Or it might be waiting to see if you won your favorite gift. Do you just enjoy being with your fellow workers during the holidays to eat and visit? Maybe, it's seeing your child's eyes light up when Santa arrives. Whatever it is for you it is sure to be the same for at least one other person attending the annual party.

This traditional event has brought joy to Heim employees for over 50 years. For some people it meant celebrating 25 years of working at Heim Electric. This past year we honored Rich Sill and Don Culbertson. Jim Saylor also celebrated his 25th year with Heim but received his gift earlier in the year. The Heim Christmas party is a perfect place and time to celebrate this special time in the life of our long

time employee.



Thanks for another wonderful Heim Christmas party!

First Aid and CPR Requirement Achieved!



OSHA has mandated that every construction site must have at least one person trained in First Aid and CPR skills for every 25 employees on the jobsite. For the past year and a half we have been performing training to comply with this regulation. We have finally met our requirement. You will find at least one person trained in FA and CPR on every Heim job. This has been a goal that is very important to attain and would not have occurred without the cooperation of our management and foremen.

In the future you will be required to update your CPR certification every year and your First Aid certification every three years. Your superintendent or department manager will tell you when it is time to get recertified. There will be designated recertification classes that will require you to perform all the skills and test information that was part of the original class. If you need a refresher please contact Sam Bashore/Safety Director and he will forward you copies of a practice test and a book or video if necessary.

A congratulations to all those involved with attaining this important goal!

How about those safety awards



By: Sam Bashore

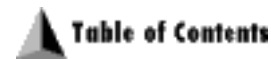
The Edwin L. Heim Company's safety committee has introduced an incentive award program for our employees who make an effort to work safely. Every six months we thank those employees who have achieved commendable safety status with a "Six Month Safety Award."

In the past we have selected hats, coffee cups, T-shirts, screwdrivers etc... Now we are looking for your feedback. What do you think of the safety awards?

The safety committee is always looking for good ideas when it comes to safety awards. In the past our best ideas for safety awards have come from our own employees. If you have an idea you may drop it off with any one of the safety committee members, in a suggestion box, e-mail it directly to me at sbashore@elheim.com, or just suggest it to anyone who will bring the idea to the safety committee.

Thanks for all the great ideas and keep them coming!

Craftsman of the Year Award Winner



By: Bill Cover

Each year the Harrisburg Builder Exchange looks to local contractors of all trades for nominations of exceptional workmanship in their field of expertise. These nominations are then forwarded to the craftsmanship committee for review and selection of awards winners.

The Edwin L. Heim company 2000 nomination for this award was the embedded conduit installation at AES Ironwood Power Project. Our project was to install a conduit raceway system embedded in the concrete foundation pads of two combustion turbine generators. Conduits had to be stubbed up flush with finished floor and also routed to leave the foundation pads to their respective duct banks. Following are just some of the challenges we had to meet:

- Install over 10,000 ft. of 2", 3", & 4" rigid and PVC Schedule 40 conduit per foundation. The foundation pads were 70' x 120' x 6' deep
- The rough -in tolerances had to be within 1/16th" and flush with finished floor.
- The project was designed to have 8 layers or elevations of conduit. Many of the conduit runs had to be bent to allow for elevation and directional changes as well as missing other conduit runs that were in close proximity.
- Our on site supervisors had to design a complete unistrut support system to secure the conduits. Not only did the support system have to be spaced to support the conduits but it also had to allow space for other obstacles such as rebar matting, rebar spacers, anchor bolt support stands and a complex grounding grid.
- The complete conduit and support system had to be mechanically sound to withstand the stress of

a 1600 yard continuous concrete pour.

- The schedule set forth allowed us 20 working days per foundation.

The conditions of the project changed throughout the installation. At the beginning of the conduit installation the men had to walk on the bottom layer of rebar matting. The rebar matting was supported approx. 6” above the concrete sub slab & was built in a checkerboard configuration approximately 12” on centers. This made walking and carrying materials from one area to another quite difficult as well as a potential tripping hazard. As the project progressed the difficulty increased due to working around the raceway and support systems that had been installed.

At the end of the installation the work areas became congested even more with conduits, unistrut, supports, rebar spacers, the upper rebar matting, anchor bolt support stands and the additional manpower required to complete the work as per schedule.

On Friday, September 15, 2000 the Harrisburg Builders Exchange held a dinner banquet at the Hershey Country Club to present the year 2000 Craftsmanship award winners, during this banquet Steven Trump and Mike Acker received personal awards and due recognition for an exceptional accomplishment in our electrical construction industry.

To conclude I would like to report the project was completed on time, meeting all the necessary criteria and with zero personal injuries. The Edwin L. Heim Company expresses their appreciation to Steven Trump, Michael Acker, Charles Anspach and the professional crew of Journeymen and apprentices involved to make this a job well done.

New CableGlider Cable Puller!



By: Jesse Boyer

As the Heim company continually purchases new equipment it is important for our employees to be aware of what tools are available to them.

The Condux CableGlider HD is the newest piece of equipment purchased by the Edwin L. Heim Company. The CableGlider is specially designed to provide maximum pulling power for longer runs in a completely self-contained unit. It offers fast set-up, portability and is easily adaptable for a variety of pulling situations such as:

- Pulling cable in a trench
- Pulling cable into a manhole
- Pulling cable from a ceiling or floor

- Pulling cable form straight ahead

The CableGlider HD comes with a heavy-duty frame and extra pivoting arm. The front frame height can easily be adjusted with pins. The CableGlider can pull cable with a maximum force of 12,000 pounds at 9 ft/min. Its power requirements are 115VAC @ 20 Amps. This piece of equipment can be ordered from Jack or Greg in the warehouse.



In the ever-changing construction industry a contractor must keep up with the latest technological advances to stay competitive. However, if the equipment and tools a contractor supplies are not maintained, productivity and efficiency will never improve. As we all know productivity and efficiency are two major components that contribute to our personal prosperity.

A tool in need of maintenance must be RED TAGGED. Our warehouse staff uses the “Red Tag” system to identify tools in need of maintenance therefore, if you write directly on a tool it may not receive the necessary attention. Please contact Jack or Greg in the warehouse for Red Tags or specialty tools such as the Cable Glider Cable Puller. A list of all specialty tools may be obtained from your superintendent.

Proper maintenance of tools will help to ensure everyone's prosperity!

MSA Hard Hat Ear Muffs are here!



OSHA says that if the noise levels equal or exceed 85 decibels for eight hours you must have hearing protection and a hearing conservation program. The response I usually get upon telling a worker this is “How do I know if the noise level is equal to or greater than 85 decibels over an 8 hour period?”.

When determining if hearing protection is needed, use the yell to hear rule. If you need to raise your voice to be heard in the area you are working, you need hearing protection and possibly a hearing conservation program.



The need for a hearing conservation program is the result of OSHA's findings that indicate an exposure to noise levels of 85 decibels over an eight hour period can cause hearing loss, hypertension and even elevated blood pressure levels. For these reasons it is very important that we protect our hearing in the workplace when this exposure exists. There are many types of hearing protection such as the traditional ear plugs. However, they are all designed for different situations and must be chosen according to the environment you are working in.

Now that you have an idea of when you need to use hearing protection it is important to understand the different types available to you and how to properly choose the one that is right for your scope of work.



Foam style earplugs require you to roll them up to compress the foam before you insert them into your ear. This process causes the earplugs to get dirty and may cause inner-ear infections if you are required to repeatedly use the earplugs throughout the day. However, if hearing protection is only required for a short period of time, traditional earplugs like the Moldex Rocket will work just fine. Keep in mind, the Moldex Rockets provide a NRR (noise reduction rating) of 26 decibels and are reusable. To care for the Moldex Rockets just wash them with mild soap and warm water. Using a set of earplugs over an extended period of time will tend to irritate the ears due to their continual contact with the inner wall of the ear passage.

Therefore, if you determine that you need hearing protection for an extended period of time request a pair of MSA Sound Blocker Earmuffs. These earmuffs attach to the slots in the side of the MSA hardhats and are very comfortable for extended use. Be aware that the earmuffs cost approximately \$15 compared to earplugs, which only cost approximately \$1.00.

By: Larry Bashore

In this age of fiber optics, e-mail, web sites and cyber space, Heim has taken a giant step... Backwards?

We have brought out an old fashioned often forgotten device in order to get advice from the most knowledgeable people in our industry; our employees. Although they are often the brunt of many jokes, suggestion boxes usually produce some down-to-earth, common sense suggestions that make the whole exercise worthwhile.



Every employee received a form on which to submit their suggestions and we received some good responses. We will put them in order and start responding to each suggestion. And yes, we will accept suggestions submitted via e-mail!

Thank you for your input and keep the ideas coming!

Scholarships Table of Contents

By: Larry Bashore

Your company will again be offering scholarships to the children of employees heading to college or technical school for the first time and to full time students already enrolled.

By the time you receive this newsletter all employees should have received the eligibility requirements and directions as to how to obtain an application.

Please feel free to give me a call if you need additional information.

Larry Bashore can be reached at 717-233-8711

High & Medium Voltage Gloves, Blankets & Sleeves

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By: Dave Angle

PPE (personal protective equipment) are items we need to insure that a job can be completed in a safe manner.

Each time you have a need to use low or high voltage gloves and/or high voltage blankets you should check the test date (Stamped on the gloves) to make sure they are still usable. All low/high voltage gloves, and blankets are tested by an independent testing agency to ensure they will protect you from hazardous electrical current if used properly.

When requesting gloves, you should remember that your Safety Buddy, who is on standby while completing a task, should also be prepared with a pair of gloves.



Gloves have a shelf life of 1 year and an in service life of 6 months. If you are in doubt, you can call me or Corey Wolf and one of us will assist you with any questions you may have.

Properly inspecting your PPE is a responsibility you owe to yourself and to your family. A pinhole in a set of low/high voltage gloves will not only injure or kill you but it will devastate your entire family.

Work safely and always check your PPE!

Motor Shop Update



By: Jim Theurer

Somehow we missed the last two issues but not a lot has changed here in the motor shop.

Our service men and mechanics have a fresh new look, and darn it's not because they're bathing more frequently. They are wearing new uniforms in spruce green. Tom Holtzman, our shop foreman is really in fashion with a tan striped shirt with his spruce green pants.

We kind of lost one of our very long time employees. Don Lindsey retired after twenty-one years with the company. But he only semi retired, he still comes to work two or three days a week. Sometimes he'll miss a week or two to go on some wild escapade. I think he's been to Las Vegas gambling and Florida and Delaware for the races since he retired in June. And I know he has a company paid trip to Branson coming up sometime in the near future. We celebrated his retirement with a picnic at the Theurers, hosted by Emily Theurer.

Speaking of Emily Theurer, she has been working for the motor shop office part time since last January. She also works occasionally for the wiring office. In her spare time, Emily attends HACC full time and still manages to make the dean's list with her busy schedule.



In March of last year Aaron Fischer started working for the shop in shipping and receiving. He and our mechanic Bob Warble's daughter, Debbie, are planning a summer wedding.

We have another new employee, Brent Moats started with us in December. He is doing a little bit of everything at the moment to learn motor repair, but will primarily be concentrating on motor rewinding in the future.

Cory and Dominique have a new addition to their family. A baby girl, Sierra Cheyenne was born on December 19.

We have recently added a new service; we now have the capability of doing laser shaft alignment. Laser alignment is a very accurate means of coupling a motor shaft to its load. The benefits of this are reduced

vibration, reduced mechanical stress and more efficient operation. If you need more information about this, please call Tom Holtzman or Fred Sontheimer. We continue to provide service for variable speed drives, motors, emergency generators, vibration analysis and dynamic balancing. If you or your customers are interested in any of these services, give us a call.

Charles E. Bashore Open 18th Annual Golf Tournament



Once again the Charles E. Bashore Open golf outing will be held at Range End Golf Club, 303 Golf Club Ave., Dillsburg, PA on Sunday June 3rd.

This year's format will be a (4) player team event. All (4) players will play their individual game for 18 holes, but (2) team scores will be developed from these scores. One score will be for a (3) player "best ball" total and another score will be for a team "hot ball" total. You may choose your own foursome which you must indicate to us or we will randomly place you in one.

Tee times will begin at 8:58AM. The cost per person will be \$35.00. This includes a cart, prizes, a dinner buffet, beer and beverages which will be supplied after play is completed. Beverages (soda, water and sports drinks) will also be available in coolers at the start of play and after 9 holes.

By the time you read this you should have already received the flyer for the golf tournament in your paycheck. However if you did not and you would still like to attend you must call Tina Wilkemeyer or Bill Cover at 233-8711.

This is a RAIN or SHINE event and we look forward to seeing you there!

2nd Annual Heim Cruise



By: Sam Bashore

Last year kicked off the first annual Heim Cruise. A small group headed to York for the Harley Davidson Factory tour and then off to the fairgrounds.

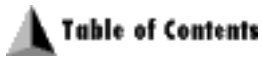
This years cruise will be a little different in that we will be inviting any Heim employee and their family or friends who wish to attend. Classic cars, Street Rods and all makes of motorcycles are welcome to join in this years cruise.



We will be meeting in the Heim office parking lot at 12:00 PM on Saturday August the 4th for our second annual Heim Cruise.

The first stop on our cruise will be the Caledonia State Forest. Next we will ride to York for a tour of the Harley Davidson Museum. The final stop will be the Harrisburg Brewing Company for dinner.

Falls Top The List Of Reasons For Construction Fatalities In 1997



An analysis of the 604 fatal accidents in the construction industry in 1997 reveals that all types of falls represent serious hazards to workers. Falls either from or through roofs or from other types of structures caused 21 percent of all fatalities, by far the greatest single reason for fatalities.



Numerous other types of falls resulting in deaths included:

- Falls from (and with) ladders (5.3%)
- Falls associated with scaffolds (4.0%)
- Falls from (and with) platforms (3.0%)
- Falls through openings other than roofs (3.0%)
- Falls from (and with) buckets or aerial lifts/baskets (1%)
- Falls from highway vehicles/construction equipment (.7%)
- Other types of falls (11.3%)

By combining every kind of fall, you will see they account for almost 40 percent of all fatalities in construction accidents.

Electricity And Heavy Equipment Are Also Deadly Factors In Construction [Table of Contents](#)

Death by electric shock was the second most deadly hazard in 1997. There were numerous types of accidents under this category, but together they totaled 16.2 percent of all fatalities, still less than half as many fatalities as from falls.

Another major category in 1997 was fatalities suffered by non-operators of equipment who were crushed or run over by heavy equipment, which accounted for 8.1 percent. If you add that to fatalities of operators who suffered a similar fate, the total increases to 11.9 percent.

After reviewing these statistics on fatalities it was determined that the ranking of a cause of death was affected by the amount of exposure to that cause of death and/or the inherent danger associated with the cause.

Heim Receives NECA SAFE Contractor Award [Table of Contents](#)

On April 23, 2001 the Edwin L. Heim Company was congratulated on receiving the NECA 2000 SAFE Contractors Award Certificate. This award is only offered to NECA members, who have reported an occupational injury and illness performance that exceeds the expectations of the electrical contracting industry.

To qualify for this award certificate, a contractor must have had a Recordable Case Rate of 5.78 or lower, a Lost Workday Case Rate of 2.55 or lower, and no fatalities. The rates are based on the 1999 preliminary injury and illness results for SIC 173 Electrical Contractors as published by OSHA/BLS.

The averages recorded by all electrical contractors compared to Heim's averages can be seen below:

Average Manhours Reported: 374,280

Heim: 699,985

Average Recordable Case Rate: 5.32

Heim: 3.71

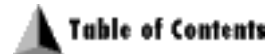
Lost Workday Case Rate: 1.61

Heim: 1.43



As you can see Heim has worked more manhours with fewer recordable injuries than most of the people in the electrical industry. Congratulations to everyone for a job well done!

A Note From the Warehouse



By: Bob Wolfgang

Today, more than ever, it is necessary to contact several different supply houses to fill a material order making it imperative to get material orders in as soon as possible. For this reason Jack and Greg are requesting that all foremen call before 12:00 pm to place orders that require a quick turnaround. This should allow an adequate amount of time to fulfill your material orders.

The warehouse staff would also like to ask our foremen who have requested a job cleanup to have the following materials ready:

- Have paper work for materials and credits completed.
- Have all material and tools that are being returned gathered up and ready to load.

This will allow our drivers ample time, upon completing all of their runs, to unload, return tools and material to their proper place and deal with Red Tagged items. When returning a damaged tool to the warehouse it is very important to follow these steps:

- Place a RED TAG on the tool with brief description of the damage or the problem.
- Call Jack or Greg and notify them that you are sending in a Red-tagged tool.
- Make sure that the driver picking up the tool is aware of the Red Tag therefore the tool will not get restocked before the appropriate repairs are made.

If everyone follows these simple steps we can ensure that the tools we supply our jobs will allow us to keep up our high standards of quality, safety and productivity.

The warehouse staff would like to stress to all job foreman: If you see the need for a large or special tool that you need, try to call Jack or Greg 1 week before the tool is needed. Some of these tools come from

as far as Baltimore or Philadelphia. So sometimes it becomes quite a task to secure these in a timely manner.

CHECK THE WAREHOUSE STOCK FIRST! The warehouse always has a stock of common electrical items such as hardware, tywraps, boxes, devices and wire. If we don't use up these items they will eventually cost us money in terms of overhead.

Thank you for your cooperation!
