

# NORCAL

## NEWSLETTER

 NCMCA.org

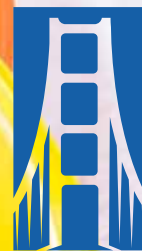


OSHA's Final Rule :

## CRYSTALLINE SILICA SAFETY

Find out the key provisions in OSHA's final rule, designed to minimize worker risk from exposure to respirable crystalline silica.

>> **PAGE 4**



NORTHERN CALIFORNIA



MECHANICAL CONTRACTORS ASSOCIATION

### SAFETY

#### OSHA Recordkeeping and Reporting – What's New in 2017?

Effective January 1, 2017. Is your company in compliance?

Read more >> **PAGE 1**

### MARKETING

#### Increase Your Industry Presence

Establish your industry expertise and boost client relationships with a well-designed newsletter.

Read more >> **PAGE 3**

### TECHNOLOGY

#### Technology: Disruptive or Informative?

From VR/AR to 3D printers, today's technology advancements offer many opportunities for contractors.

Read more >> **PAGE 6**

 Safety

# OSHA RECORDKEEPING AND REPORTING – WHAT’S NEW IN 2017?




Under a final rule that became effective on January 1, 2017, employers are now required to make OSHA injury and illness data public via electronic submission. It’s a simple change, but it’s designed to help improve safety for workers nationwide.

### NOT SURE HOW THE NEW RULE APPLIES TO YOU?

- Contractors with 20-249 employees need to electronically submit information from OSHA Form 300A by July 1, 2017.
- Contractors with 250 or more employees are required to electronically submit injury and illness information from OSHA Forms 300 (Log of Work-Related Injuries and Illnesses), 300A (Summary of Work-Related Injuries and Illnesses) and 301 (Injury and Illness Incident Report) by July 1, 2017.

It is also important to know what NOT to record. “Over-reporting,” or recording injuries and illnesses unnecessarily, can lead to a falsely inflated OSHA incidence rate.

 **QUESTIONS?**  
Visit [osha.gov/recordkeeping](http://osha.gov/recordkeeping) for more information.

 Education

# DEADLINE APPROACHING FOR KENT T. MORRILL SCHOLARSHIP PROGRAM



The NorCal MCA is currently accepting applications for the 2017 Kent T. Morrill Scholarship Program. The Scholarship Program was established in 1992 in memory of Kent Morrill, who served as president of the association in 1988. Since its inception, the NorCal MCA has awarded scholarships to nearly 900 students.

The Scholarship Program is open to the children of all non-bargaining employees, whose parent works full-time for the NorCal MCA or its contractor members. Though it is hoped that a career in a field related to the mechanical contracting industry will be considered, applicants may pursue

any course of study, and must maintain a cumulative GPA of 2.0 in their college courses.

Full application and eligibility requirements can be found on the

“Scholarship Application” page of [www.ncmca.org](http://www.ncmca.org) (use password: skyfall23). **Applications for scholarships must be submitted online by Friday, April 14, 2017.**

### A COMPLETED APPLICATION INCLUDES

- Online registration
- Essay on why you deserve a scholarship (Word and PDF formats accepted)
- Colored photo of you (PDF or JPEG preferred)
- Official school transcripts
- SAT scores for high school applicants, if not on your transcript
- Signed Member Company Qualification Statement



### OSHA Recordkeeping and Reporting - What's New in 2017?

OSHA’s final rule became effective on January 1, 2017. Learn how to keep your company in compliance.



### Deadline Approaching For Kent T. Morrill Scholarship Program

Applications for the 2017 Kent T. Morrill Scholarship Program are due by Friday, April 14, 2017. Full application and eligibility requirements can be found on [www.ncmca.org](http://www.ncmca.org) (use password: skyfall23).

Marketing

# INCREASE YOUR INDUSTRY PRESENCE



## Increase Your Industry Presence

Establish your industry expertise and boost client relationships by offering an informative, well-designed newsletter.



## OSHA's Final Rule Protects Workers From Exposure to Respirable Crystalline Silica

Find out the key provisions in OSHA's final rule, designed to minimize worker risk from exposure to respirable crystalline silica.

A good newsletter can set your company apart from your competition, increase awareness of your business to prospects and keep you in front of regular customers. For maximum impact, keep content brief and to the point, and offer both hard copy printed pieces and electronic versions to reach readers wherever they are.

### 5 KEY INGREDIENTS FOR YOUR NEWSLETTER CONTENT:

- 1 INFORM YOUR READERS.**  
Include information about what you offer your clients and explain a success story that showed you came in under budget and/or on time.
- 2 POSITION YOUR BRAND.**  
Make sure the physical look reflects your company's brand and that it's written professionally with proper spelling and grammar.
- 3 EDUCATE.**  
Provide information that helps solve a common industry problem, or better yet, a unique problem. This establishes your expertise!
- 4 ADD VALUE.**  
Explain a new technology. By keeping your clients "in the know" on industry advancements, they'll come to you for more.
- 5 SHARE.**  
Include a link directing readers to your website. More visitors to your website increases your ranking in a Google search.

Through a newsletter, you can establish and maintain a relationship with your existing clients and build new ones. You are selling yourself without the sales pitch and positioning yourself as the company to trust when they need your services.

Safety

# OSHA'S FINAL RULE PROTECTS WORKERS FROM EXPOSURE TO RESPIRABLE CRYSTALLINE SILICA



Last summer, the Occupational Safety and Health Administration (OSHA) released an updated rule to help minimize employee risk from exposure to respirable crystalline silica. The one-year compliance date for the construction industry is coming up on June 23, 2017.

According to OSHA, an estimated 2.3 million people in the U.S. are exposed to silica dust at work. This

puts workers at risk for debilitating — and potentially deadly — diseases, such as silicosis, lung cancer, chronic obstructive pulmonary disease and kidney disease. The organization estimates that its final rule will save more than 600 lives, and prevent more than 900 new cases of silicosis each year once its effects are fully realized.

### MAJOR PROVISIONS:

- 1**  
Reduces the permissible exposure limit (PEL) of respirable crystalline silica to 50 micrograms per cubic meter of air, per 8-hour shift.
- 2**  
Employers required to: limit worker exposure to the PEL with use of engineering controls; provide respirators when controls cannot adequately limit exposure; limit worker access to high exposure areas; provide written exposure control plans, offer medical exams to highly exposed workers, and train workers on silica risks and limiting exposure.
- 3**  
Provides flexibility to help employers — especially small businesses — protect workers from silica exposure.

Articles at a Glance



**Table Top/Safety Awards Mixer Scheduled**

Our annual Table Top/Safety Awards Mixer is set for June 22 at Scott's Seafood Jack London Square in Oakland.



**Want to Contribute?**

We'd love to hear about your upcoming work, or implementation of technology.



**Technology: Disruptive or Informative?**

From VR/AR to 3D printers, today's technology advancements offer many advantages for construction professionals. Check out the trends on our radar!



**Calendar**

**TABLE TOP/SAFETY AWARDS MIXER SCHEDULED**



Join us at Scott's Seafood Jack London Square in Oakland on June 22 for our annual Table Top/Safety Awards Mixer! Safety Excellence Awards for 2016 will be presented during the event, and you'll have the chance to meet with your NorCal MCA Associate Members. Don't miss out on this fun event!

**Association News**

**WANT TO CONTRIBUTE?**

We would love to hear your feedback. Is there a project you've completed that other members would like to hear about? Have you implemented the use of new technology that others would find interesting? Share your stories with us and we will publish them in upcoming newsletters.



**Technology**

**TECHNOLOGY: DISRUPTIVE OR INFORMATIVE?**



From smartphones that offer instant access to nearly infinite information, to voice-controlled wireless speakers that act as "digital assistants," technology is all around us. And it's always changing.

In the construction industry, today's advancements give architects, engineers, contractors and other construction professionals numerous advantages — like improved quality and increased efficiency. Here are a few technology trends on our radar.

The Internet of Things (IoT) allows construction companies to collect valuable information in real time, and use that data to drive decision-making. Wearables, like Google Glass, help workers access hands-free instruction manuals, while machine and equipment sensors can transmit tracking information and monitor machines for repairs.

Virtual and augmented reality is a hot topic in the industry, and can help enhance collaboration. With

the rise of integrated project delivery, VR and AR is imperative to helping construction teams plan, design and build projects — and allows them to detect errors in advance and avoid costly mistakes.

3D printers are gaining traction in the industry with their ability to produce complex parts and objects used in the construction of homes, bridges and other projects. Plus, 3D printing is relatively fast and inexpensive.

Although it can be difficult to stay current on new technology, it's important to remain flexible and adopt those that could help your company be more productive in the long-run. If you don't, you could risk getting left behind!



---

78 Cernon Street, Suite D, Vacaville, CA 95688  
(510) 679-3862 | [RMitchell@NorCalMCA.org](mailto:RMitchell@NorCalMCA.org)