

- 2018 Mark Your Calendar
- Drug & Alcohol Program
- Driving & Eye Safety

2018 General Meeting Dates

Mark your Calendar!

Sept. 13, 2018

VRF - Residential Application

Randy Heide

J. C. Mottinger Asso.

Carmody's on Neville Island

Sept. 19, 2018

Community Svc Project

October 10, 2018

Turkey Trap Shoot

North Side Sportsman's Association

Warrendale, PA

November 8, 2018

Hire Right!

Jeff Conley

EG Conley PC &

Business Performance Advisors

Juniper Grille Cranberry Twp.

December 2018

No Meetings

ACCWPA

Air Conditioning Contractors Western Pennsylvania

If you wish to continue getting our ACCWPA Newsletter, please email your email address to: accwpa@zoominternet.net

September 13 ... ACCWPA Meeting

VRF RESIDENTIAL APPLICATION

Today and a look into the Future

Join us

Sept. 13th, 2018

Randy Heide:

Vice President of J.C. Mottinger Associates

Beginning his career in HVAC with GBG, and working with Black & White Engineering Sales, Trane Company (Residential, Commercial and National Accounts), and Mottinger Associates, Randy has over 35 years of experience in both Residential and Commercial markets. His responsibilities range from working with contractors, HVAC distributors, and mechanical engineers providing product training, technical support and application assistance.



4905 Grand Avenue (on Neville Island)

Pittsburgh, Pa 15225

412-458-1813

Upstairs meeting room.

3:00 pm Board Meeting • 5:30 – 6:00 Social (cash bar)

Guest Speaker – 6:00 – 7:00 pm

7:00 pm – Buffet and Social Hour resume (cash bar)

Dinner Buffet - \$40.00

RSVP – 724-779-1860, fax or email

No Cancellations after September 10th noon!

Good Reasons to Have a Drug- and Alcohol-Free Workplace ProgramFederated Insurance

In its simplest form, *managed care* describes a variety of techniques that, when properly deployed, can help support an effective risk-management program. These strategies can be most effective when they concentrate on both injury- prevention and post-injury techniques.

Testing May Equal Savings

One effective managed care strategy is a **drug- and alcohol-free workplace program**, which, where appropriate to business need and after consultation with qualified counsel, may include **pre-employment, random, or post-incident drug testing**. An appropriately utilized and compliant program can help prevent drug and alcohol use. A drug- and alcohol-free workplace program can also offer benefits over and above initial intent.

Direct savings may come in the form of premium credits. Some states offer workers compensation discounts for a certified drug- and alcohol-free workplace program. Insurance carriers in other states may have discretionary underwriting credits available.

Indirect savings are those realized by simply reducing the negative consequences of workplace drug and alcohol use. Intuitively, it makes sense that employees who are under the influence of drugs or alcohol are more likely to experience a workplace injury. Breathalyzer tests detected alcohol in 16 percent of emergency room patients injured at work.¹ These workers jeopardize their productivity and safety, and the safety of others. Few businesses are immune from this issue.

What Can a Drug/Alcohol Policy Impact?

An effective drug- and alcohol-free workplace program can have an impact on your business in a few different ways.

Pre-employment drug testing can help sidestep the risk before you hire it into your business. This also sets a cultural expectation that drug and alcohol use will not be tolerated in your workplace.

Random drug testing sends a strong message to employees that workplace substance abuse will be monitored. It may also help you identify and manage employees with risky behavior.

Post-incident drug testing can be a critical component of claims management. The presence of drug or alcohol usage can impact the course of treatment for the affected individual.

The End Result

When using any of these drug-testing measures, a worthwhile goal is to help eliminate negative consequences of drugs and alcohol. You're not testing to catch anyone; it could be argued that the best testing program is one that catches no one. Success can be defined by the absence of these substances.

Taking appropriate measures to help reduce the number of claims could create a distinct competitive advantage, not to mention the overall positive effect on your business. A compliant and well-managed program is a technique you can use to enhance your work environment. It is important to note, however, that legal rules and restrictions may apply to policies that involve workplace drug use or testing. Be sure to seek qualified legal counsel before developing and implementing a policy.

Federated Insurance offers clients access to vendors who provide drug and alcohol testing resources. For more information, contact your local Federated representative or log in to Federated's Shield Network®.

¹ "Drugs and Alcohol in the Workplace"; National Council on Alcoholism and Drug Dependence, Inc. <https://www.ncadd.org/about-addiction/addiction-update/drugs-and-alcohol-in-the-workplace>; accessed June 2018

ACCWPA Corner



*Integrity is the
essence of
everything
successful.*



SmartWords

*Action is the
foundational
key to all
success!*

Inspiration

*Be*LIEVE
IN
*You*RSELF

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*** Important – RSVP is appreciated! ***

Email: accwpa@zoominternet.net or fax (724) 779-1860

Name(s): _____

Company: _____ Phone: _____

Email: _____

Dinner Buffet: \$40.00 NO Cancellations after September 10th NOON. No shows will be billed.

IF YOU ALREADY MADE YOUR RESERVATIONS, THANKS!

PLEASE PASS THIS NOTICE TO SOMEONE ELSE THAT WILL BENEFIT!

About our Speaker – Randy Heide

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J.C. Mottinger Associates represents Airstage, Reznor, Fujitsu, SpacePak, National Comfort Products & Ouellet.

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- Indoor Air Expo
- Voice for the local contractors
- Golf Outing
- Education opportunities for your technicians
office staff
- Advocacy agenda promote contractor interest
- Labor and HR legal advice before utilities
- Helping members to stay ahead of the curve
- 8 Monthly informative meetings



Turkey Trap Shoot

Join us for loads of FUN!

Wednesday, October 10th

At

North Side Sportsman's Association

325 Mt. Pleasant Road, Warrendale, PA 15086

Shoot, Prizes and Ghost Peppers

Taco Bar Buffet

\$40.00

Registration form on page 9/10

Upcoming Meetings!

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December 2018

- No Meetings



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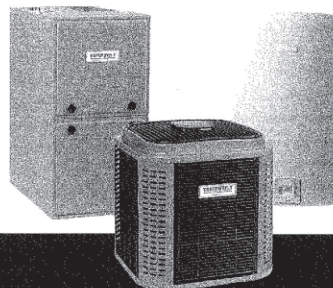


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Air Conditioning Contractors Western Pennsylvania

Drowsy driving can be as bad as drunk driving

If you're planning a road trip this month (or any time of year), give careful thought to the advice of National Road Safety Foundation spokesperson Adele Kristiansson, who says "Drowsiness is a condition most drivers fail to recognize, and it can be as dangerous as driving drunk."

Kristiansson says drowsiness is a factor in a substantial number of crashes and points to studies that say 60 percent of motorists have driven while feeling fatigued and more than one third admit to having fallen asleep at the wheel during the past year. Here are some signs that you need to stop and rest:

- Difficulty focusing, with frequent blinkin*
- Daydreaming or not remembering the last few miles driven
- Head-nodding
- Repeated yawning or rubbing your eyes
- Drifting out of the lane, tailgating, or hitting shoulder rumble strips

If you recognize any of these signs while driving—on vacation or any time—pull over at the next exit and take a 20-minute nap.

Follow these eye safety tips

If you were asked to name your most valuable possessions, would you include your eyes? Many people would list homes or cars. But those things can be replaced if they're damaged or lost, your eyes can't be.

Take a look at these eye safety tips to see if you're doing the right things to protect your eyes on the job:

- Know the common causes of eye injuries, such as flying particles; chemical splashes; dust; swinging or protruding objects; fumes, mists, gases, and vapors; electrical arcing and sparks; and radiant energy from welding, cutting or brazing.
- Use proper eye protection based on the hazards you may face on the job.
- Inspect eye protection before each use and replace damaged equipment.
- Follow required work procedures designed to prevent injuries.
- Don't wear metal-framed eyewear around live electricity.
- Don't wear contact lenses in high dust areas.
- Know proper first aid for eye injuries.
- Clean eye protection after use. Disinfect if exposed to chemicals.
- Store your eye protection in a safe place where it won't get damaged.



ACCWPA Newsletter and all notices:

If you wish to continue getting your ACCWPA Newsletter in 2018 Please email the ACCWPA Office with your correct email address. accwpa@zoominternet.net

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Indoor Environmental & Energy Professionals

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ACCWPA Upcoming Events

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Jeff Conley
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Performance Advisors

December 2018 - No Meetings



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Office/Fax 724-687-7860
Cell 412-760-5792



Turkey Trap Shoot



Join us for loads of FUN!

If you don't own a shotgun there will be one you can use there!

Wednesday, October 10th, 2018

at



325 Mt. Pleasant Road, Warrendale, PA 15086 (directions on back)

Prizes: 1st \$50 Gift Card; 2nd \$25 Gift Card; and 3rd \$25 Gift Card

Each shooter fires 2 rounds of 25 clays from the 16-yard line.

Each round will be scored for a total # of birds hit.

If there are duplicate high scores, a shoot off 1 round of 25 clays will take place.

Bring your own shotgun(s) & ammo. NSSA has 12g shells for sale 25 for \$7.00

If you have an extra shotgun, please bring it so if someone who does not can borrow it for the shoot.

3:00 – 5:30 pm Board Meeting • 5:30 – 5:45 pm Social (See Pat*)

6:00 pm – Ghost Peppers Taco Bar Buffet opens

6:00 pm - TRAP SHOOT starts

Shoot, Prizes, Soft drinks and Ghost Peppers Taco Bar Buffet - \$40.00

RSVP – 724-779-1860, fax or email • No Cancellations after October 8th noon!

*** Important – RSVP is appreciated! ***

Email: accwpa@zoominternet.net or fax (724) 687-7860

Name(s): _____

Company: _____ Phone: _____

Email: _____

Dinner Buffet: \$40.00 NO Cancellations after October 8th NOON. No shows will be billed.

IF YOU ALREADY MADE YOUR RESERVATIONS, THANKS!

PLEASE PASS THIS NOTICE TO SOMEONE ELSE THAT WILL BENEFIT!

Directions

**North Side Sportsmen's Association is located at:
325 Mt. Pleasant Road
Warrendale, PA 15086**

Traveling North on I-79

Exit I-79 at exit 75 Warrendale. Turn right off of exit. Follow Red Belt and go straight through traffic light and across Rt. 19 to next stop sign. Turn left on to North Gate road. At Warrendale Fire Hall (about 150 yards from previous stop sign), turn right onto Mt Pleasant Road. The club is on the left approximately 1 mile from the fire hall.

Traveling South on I-79

Exit I-79 at exit 76 Cranberry. Travel South on Rt. 19 to stop light at Warrendale road (Red Belt). Turn left and proceed from that point as described in directions above.

Traveling on the turnpike

Take Exit 3. Travel south on 19 for 3 lights. At the third light, turn left at the 7/11 Exxon station onto Warrendale road. Turn left at stop sign onto Northgate Rd. and then right at Warrendale Fire Hall and Camelot onto Mt. Pleasant Rd. The club is on left approximately 1 mile.

***CASH BAR – NSSA only has can beer at \$2 each.
Pat will have drink tickets for you to purchase.**

There will be no shooting while drinking beer.

ACCWPA will provide soft drinks and water.

