



SUMMER HEAT: SOMETHING TO TAKE SERIOUSLY

By Janelle Johnson, Communications Coordinator, WORKSAFELY™

With temperatures soaring over 30 degrees in Manitoba over the past week dehydration and heat stress are two major factors that need to be taken into consideration when working outside, especially when manual labour is involved.

Dehydration can happen quickly and is a condition that occurs when the loss of body fluids, mostly water, exceeds the amount that is taken in. Dehydration happens when more fluid is moving out of our bodies (in the form of sweat) than the amount of water that is moving into the body, by drinking water and fluids. To prevent dehydration, drink lots of cool water throughout the day and take breaks in the shade when possible.

Heat stress is another condition to be mindful of when temperatures increase. Heat stress occurs when the body cannot keep blood flowing to both the skin and vital organs to cool them off. Signs of heat stress can sneak up on a person and must not be ignored. Some symptoms of heat stress are high body temperature, nausea, a headache, or breathlessness.

To treat heat stress cool down by moving to a shaded area, loosening clothes, and drinking cool water. People suffering from heat stress may feel better shortly after moving to a cooler area, however it takes at least 30 minutes for the body to cool down effectively.

If heat stress goes unrecognized it will develop into heat stroke. Heat stroke, if untreated, is fatal. Heat stroke happens when the body has used up of its water and salt and can no longer cool. The body's temperature will rise to dangerous levels.

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Recently COR™ certified Boulet Bros. participating in the Morden, MB 2013 Corn & Apple Festival!

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Symptoms of heat stroke are:

- Hot, dry skin, due to the body losing its ability to sweat
- High body temperatures (40°C or more)
- Confusion and irrational behavior
- Convulsions
- Unconsciousness

If a co-worker shows symptoms of heat stroke, call 911 immediately. Take aggressive steps to cool the person down, such as immersing in a tub of cool water, spraying with a hose, or wrapping them in cool, wet sheets and fanning rapidly. If the worker is unconscious, do not try to force them to drink water, it would only make the situation worse. If they are unconscious their body is unable to accept the water and could lead to choking.

Dehydration, heat stress and heat stroke are all 100% preventable with just a few simple steps. When the temperature outside reaches extremely high temperatures pay attention to the signs your body is giving you, drink lots of water, and seek shade whenever possible.



Groundbreaker - MHCA's new quarterly magazine was recently shipped to our members and key stakeholders.

You can view the magazine online now by clicking the link below!

<http://tinyurl.com/c5v74ek>

We've updated our logos and we hope you will, too!



Last year, MHCA invested in a new brand identity that you see throughout *The Heavy News Weekly*. If you are a proud MHCA member and wish to download and use our NEW logos for your marketing initiatives, please visit:

www.mhca.mb.ca/media/logos

Have a story for us? We'd love to hear about it!

The MHCA is only successful thanks to our strong membership roster that continues to grow, and now we want to hear from you!

We want to hear about a success story, a great photograph or a fantastic video or anything you want to share with us and the rest of the MHCA membership!

We'd like to hear from our members on things such as:

- A New Exciting Construction Project your company is involved with
- A Recent Successful Completion of a Construction Project
- A success story or achievement for your company or staff member(s)

Feel free to submit your idea or story to media@mhca.mb.ca

We will contact you for more information or details on your story, and then have it ready for a future issue of the Heavy News Weekly!



2013 MHCA Membership & Services Directory available!



Released annually in spring, the MHCA Annual Directory is the exclusive Equipment Rental Rates Guide in Manitoba. Its 'yellow pages' list companies by areas of service. The 2013 Directory was mailed to MHCA members at the beginning of May.

Non-members can purchase this year's directory by contacting Brenda at 204.947.1379 or brenda@mhca.mb.ca

Public and private sector project owners extensively use the Directory to locate and contact needed suppliers of services, including contractors, materials, equipment, aggregates, oils, design, and engineering — to name a few.

Head-honcho title upgrade misses moniker mother lode

Bob Holloway Community Correspondent Headingley; originally published in the headliner, August 8, 2013



Wilf Taillieu, MHCA Chair 1989 - 1990

Some time this past spring, without a lot of fanfare or hullabaloo, Headingley's head-honcho spot got boosted from reeve to mayor.

So Reeve Wilf Taillieu is now Mayor Wilf Taillieu – or plain Mayor Wilf, if you happen to be one of his friends. And who in Headingley isn't one of Mayor Wilf's friends?

Of course, it's the office that got the title upgrade, not Mayor Wilf specifically. But it just happened to occur on Mayor Wilf's watch and, hey, it couldn't have just happened to happen to a more worthy incumbent.

Before I moved to Headingley, two things about the community stood out in my mind. One was its secession from Winnipeg and the other was its double-referendum rejection of a casino. This is a feisty community, I said to myself, these are my kind of people.

Mayor Wilf was one of the movers and shakers in getting Headingley unshackled from the suffocating morass of opaque bureaucracy and crushing taxation of that Trotsky town to our east know as Winnipeg.

Secession is no easy matter, as our friends in Quebec know so well. After almost 150 years of effort they've got nothing much to show so far. Our Mayor Wilf and his pals pulled off the caper first time out and

hardly broke a sweat in the process.

With the casino, I don't know what exactly happened or how it all played out. I wasn't here and no one who was seems to want to talk about it. Like some dark town secret in an old grade B western movie.

But everyone knows that a casino is a means of levying a tax on idiots, so it's easy to see why Mayor Wilf would not support it.

What I mean is that no progressive leader would favor such an exploitative fixture in his bailiwick, and Mayor Wilf is by far the most progressive, enlightened and foresighted mayor Headingley has known in its entire history.

Anyway, like the spokesperson for the municipalities' association says, changing the title from reeve to mayor is '...an optics thing.' It helps people moving out here from the city who aren't too bright and would struggle with a newfangled word like 'reeve.'

Headingley chief administration officer Chris Fulsher says it doesn't give the position any more powers. Just a bit more prestige. It gets people's attention.

Mind you, if all that's so, why settle for mayor?

Why not go for king? That would be the mother lode of titles. And King Wilf sounds nice.

Bob Holloway is a community correspondent for Headingley

'Wilf Taillieu is of course our esteemed, likeable and respected past Chair of the MHCA who then and now continues to 'make a difference.' I was on Winnipeg's Council in the days that he championed Headingley's secession. Few believed he would succeed, but as the story recounts, he did. Congratulations Wilf. Now...Mayor Wilf is one thing....but King Wilf???? Nah!

Chris Lorenc, President MHCA

Your PST cash now funds PR

Originally published in the Winnipeg Free Press print edition August 23, 2013

Any politician can attest there is no project too small to qualify for public funding, disbursed with party colours or a local representative's name on a banner. The provincial NDP has perfected the art now by funneling cash to be raised by the PST hike into community kitchens, spiritual gardens and music studios for youth.

Among the deluge of provincial government spending announcements of late have been grants from the 'new' Winnipeg Community Infrastructure Program. This program is much like the Building Communities Initiative fund, except the latter is cost-shared with the city of Winnipeg. The new 'infrastructure' program was created with the April budget, when the NDP announced it was hiking the PST to eight per cent, due to financial pressures on its capital priorities from the 2011 Assiniboine River flood, and a 2012 flood that never materialized.

The new infrastructure spending, drawn from PST revenues, would go to 'long-term' 'critical infrastructure needs' -- a range of projects, including items classically known as infrastructure (municipal roads, highways), and past provincial capital spending (hospitals, schools). That list was expanded subsequently to include projects such as day care centres.

But the NDP has stretched the definition of infrastructure such that items no one would have called infrastructure projects now qualify. The latest round of news releases from the NDP shows the cash has gone to installing a commercial kitchen in a community centre, buying new studio equipment for a youth music program, new Red River carts, painting a mural and benches and greenery for an interfaith garden.

These non-profit organization projects are traditionally the realm of community grants from city councillors. An opportunity to plaster the city with thousands of self-congratulatory placards, they also are a fine way to ingratiate the party with hundreds of community groups and the people they serve.

The projects may all be worthy in their own right, but 'critical infrastructure' they are not. Nor are they justification for a one-percentage-point hike to the PST, not when municipalities and a host of business groups have for years appealed to the province for a dedicated fund, derived from PST, for the multi-billion dollar deficit in roads, sewer and water pipes, highways and bridges.

The NDP is striving to defend its decision to break balanced-budget legislation to ram through a PST hike that does nothing to whittle away at the critical infrastructure deficit. Their near-daily media releases extolling the virtues of laying down sod, planting shrubs and installing basketball courts are a reminder to all Manitobans just how unnecessary was this tax increase that now bankrolls the self-serving PR agenda of the spend-thrift NDP.

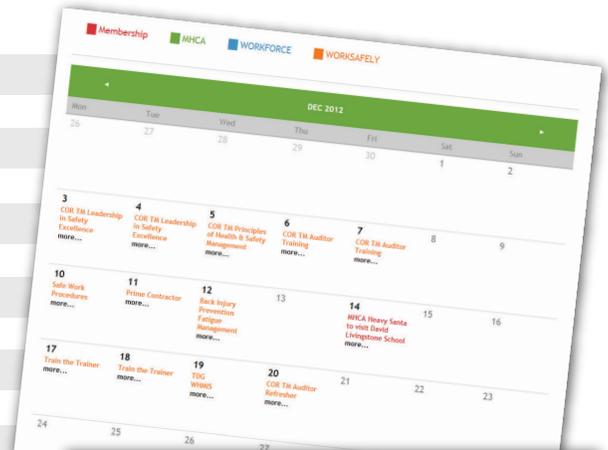
Training Schedule

Winnipeg Schedule:

Construction Safety Excellence™

September Training Schedule:

WHMIS (1/2 day AM)	September 3
TDG (1/2 day PM)	September 3
Flagperson (1/2 day AM)	September 5
Train the Trainer	September 9 - 10
COR™ Auditor Refresher (1/2 day AM)	September 13
COR™ Leadership in Safety Excellence	September 16 - 17
COR™ Principles of Health & Safety Management	September 18
COR™ Auditor	September 19 - 20
Traffic Control Coordinator	September 23 - 24
Owner Operator	September 25 - 26
COR™ Leadership in Safety Excellence	September 30



FOR THE FULL CALENDAR
www.mcha.mb.ca/worksafely

To Register:
 Email: sarah@mhca.mb.ca OR Fax: 204-943-2279

OWNER OPERATOR CERTIFICATION

WORKSAFELY MHCA™

will hold a two day
 Owner Operator Certification course on
September 25th and 26th, 2013

(8:30a.m. - 4:30p.m.)

at the Manitoba Heavy Construction Association
 3-1680 Ellice Ave, Winnipeg MB

To register please contact: Sarah Higgins at sarah@mhca.mb.ca or by phone at 204-947-1379



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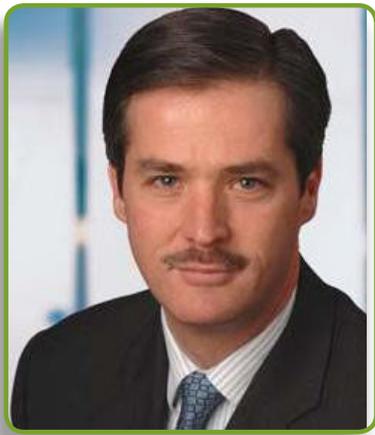


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Of Circles and Cycles

Peter G. Hall, EDC Vice-President and Chief Economist, August 22, 2013



Peter G. Hall

Tired of the long, drawn-out debate on future economic growth? You're in good company. It's a necessary debate, because our individual livelihoods depend on it. But it's a frustrating one, because there's little agreement, and the arguments are of times circuitous - even those made by the 'experts'. Is there a way out of the analytical quagmires that we are currently up to our axles in?

Economists come by circular thinking honestly. Prominent in the first few pages of first-year textbooks is the circular flow diagram. It posits that the economy is a continuum, with a simultaneity of activities that make it difficult to determine beginning or end. You get a job, you get paid, you buy stuff that wasn't being bought before, firms increase production, they hire more people who then consume more, and so forth. In the mean time, governments levy taxes and re-inject funds at some other point on the continuum. Similarly, imports leak money out of the system, but exports bring money back in. Simple, right? When things are functioning well, yes. But slowdowns mess things up - this circular flow is so tight that it can be extremely difficult to actually see the key sources of weakness.

Some don't really care, suggesting that weakness is the time for governments to step in, borrowing if necessary to get the economy going with spending injections. That's where context is important. In this latest go-round, the economy entered the down-cycle vastly over-stimulated. Global government intervention, as significant as it was, proved akin to curing the hangover with vast amounts of liquor, postponing the inevitable. It bought us time, but little else except a mountain of debilitating debt.

Others advocated that other key public policy lever, interest rates. Low rates were aimed at getting the wheel going more quickly. The resulting flood of cash did convince us that money was available, preventing bank runs. Low rates were nice, but nobody - not firms, definitely not consumers - was in a borrowing mood. Lots of the liquidity ended up just sitting around.

The subsequent three years of slow motion have ignited the debate what really gets an economy going. Everywhere, pundits are picking their point on the circular flow diagram, certain that "it will start here". Others suggest that it won't start anywhere; growth is permanently slower, for a variety of structural reasons. Can we make any sense of the circle, or is it by its very structure, a mystery?

To some, the answers lie in psychology. Even here, the growth and decline triggers are nebulous, making for even more tightly circuitous reasoning. What we are really left with is the frustration that against all efforts to the contrary, the economy still experiences cycles, and not just small ones. Globalization, innovation, fiscal wizardry and gutsy monetary experimentation haven't been able to stave it off. If growth and decay are inevitable, it then becomes essential to understand in real time what point of the business cycle the economy is at. That's a tall order. Is it possible?

Embedded at the core of economic activity is a key signal: prices. By their ups and downs, they illustrate moments of plenty, of shortage, of weak purchasing or red-hot demand. They catch the interplay of these. But they are no mere output of the system; they also influence supply and demand. This is where deflation can be so debilitating. Firms faced with excess product slash prices to move their goods and services along. When this becomes general habit, and persists for a long time, folks get used to it, and they delay purchases as long as possible. It's a conundrum we find ourselves close to now, and we only need look to Japan to see how debilitating deflation can be.

The bottom line? The debate on growth will likely be circuitous well beyond the start of the next growth cycle. In all the banter, it's critical that we not forget the role of prices, and that in the current context, a little inflation may not be a bad thing at all. And remember, of the two ills of pricing, it's the one that central banks really know how to cure.

Groundbreaking



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