

Workers' Compensation Excellence Since 1987



AFFILIATED WITH NEW MEXICO HOME BUILDERS ASSOCIATION

BLUEPRINTS

Your Newsletter for Quality Worker's Compensation Information

Second Quarter Edition 2020

REGISTER FOR IBS - A TRULY FANTASTIC OPPORTUNITY

Builders Trust is again offering to send one member from each local HBA in New Mexico to the International Builders' Show (IBS.) For over a decade, BT has offered this exciting opportunity for BT Participants who have never attended the National Home Builders Association's International Builders Show. If you have never been – **You Qualify!**

HOW TO REGISTER: The registration form is included in this edition of Blueprints. Please read the document carefully and simply follow the directions if you wish to attend IBS 2021.

Now Even Bigger! The National Kitchen & Bath Association's Kitchen & Bath Industry Show will be located with IBS to create a mega-event in 2021. As our guest, and a registered attendee of the IBS, you will have full access to both shows! This mega-event is estimated to host over 70,000 attendees mingling among over 4,500 exhibitors. **Yes - This is Huge!**

Builders Trust Participants who have never attended IBS should seriously consider this incredible opportunity. Every year the contest winners come back to New Mexico raving about the experience. Builders Trust Participants who have attended IBS in past years have always come back re-energized and excited about new building trends and techniques, new building materials, tools, and equipment and so much more! IBS keeps contractors from across the U.S. and from around the world coming back year after year for incredible networking opportunities and access to over one hundred educational sessions conducted by renowned industry experts.

The 2021 International Builders Show will take place in Orlando, Florida and runs from February 9th - 11th and exhibitor space will cover over four football fields, so pack some comfy shoes. Past Participant winners have reported that they never realized how much they would get out of the experience, and they definitely recommend spending the full three days at IBS.

One winner from each Local HBA will be chosen in September. Your registration form is in this issue of our quarterly Blueprints newsletter. Eligible Participants should complete the form and promptly submit it per registration form guidelines. **But wait – there's more!** If your name is drawn and you attend IBS, Builders Trust will reimburse you up to \$1,100 toward your airfare, conference registration, and hotel expenses. Winners must agree to take photos and report back to their Local HBA, Builders Trust and New Mexico Home Builders Association about their International Builders Show experience. Winners will be listed in the October issue of the NMHBA *Housing Journal* and Blueprints.

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Promoting a Fair and Balanced Workers Compensation System for Workers and Employers

BETTER THAN WATER - KNOW YOUR ELECTROLYTES

What are electrolytes? Quite simply, electrolytes are chemicals in your body, but not just any chemicals. These chemicals, when combined with water, actually conduct electricity inside your body. Sounds crazy, right? Electrolytes play a very important role within your body by regulating systems such as muscle and nerve functions and they can even balance your blood pressure. Maybe most important, electrolytes manage your body's hydration. All of these electrolyte functions work to keep your body humming along, allowing you to do your work, even in hot weather.

The important electrolyte chemicals inside your body are: Potassium, Magnesium, Sodium, Calcium, Phosphate and Chloride. I am sure we all remember these from high school chemistry. If you do not know your electrolytes by name that is okay, but what you

must remember is that when working in hot conditions your body needs more than just water. Water is important, but replenishing your electrolytes is even more important. You can do this by consuming sports drinks and certain fruits and vegetables – watermelon, bananas, avocados and even coconut water are all great examples of foods you can pack in your lunch pail. Ensure your employees are properly hydrated now that the sun is beating down and the days are getting hotter. What you should *not* consume is also very important. Sodas, other carbonated drinks, and energy drinks are not recommended when working in hot temperatures. These types of drinks do not supply needed electrolytes and can actually have a negative affect on your hydration needs.



Stay safe, stay hydrated and remember your electrolytes!

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PLAN NOW TO BEAT THE HEAT AND STAY COOL AND SAFE

Meteorologists are predicting 2020 may be the hottest year since records began. The prediction is bad news for our construction industry, whose workers spend a great deal of time exposed to the elements. However, there is good news—exposure to heat and hot working conditions can be controlled by following OSHA guidelines.

In 2011 OSHA introduced their Heat Illness Prevention campaign, which educates employers and workers on the dangers of working in the heat. Since its introduction, millions of workers and employers have attended Heat Illness Prevention training sessions.

If you have taken the training, you already know the three key words of Heat Illness Prevention:

>>> Water >>> Rest >>> Shade

This three-pronged approach to keeping safe and healthy in hot weather has no doubt saved many lives. There are a range of heat illnesses and they can affect anyone, regardless of age or physical condition. By law, employers are responsible for providing workplaces free of known safety hazards which, of course, includes protecting workers from extreme heat. An employer with workers exposed to excessive high temperatures and/or humidity, could find themselves in hot water, so to speak. OSHA recommends the following:

- > Providing your workers with water, rest, and shade
 - Allowing new or returning workers to gradually increase workloads and take more
- > frequent breaks as they become acclimated to high temperatures and build a tolerance for working in the heat
- > Providing training for your workers on Heat Illness Prevention, and how to recognize and respond to someone who may be having a heat related episode
- > Plan and train for emergencies
- > Monitor workers for signs of illness

Past IBS Attendees Comment on This Amazing Event

- **Every contractor should go to the International Builders Show as least once**
- **I spent three days checking out all the booths and displays and talking to supply representatives**
- **The IBS allowed us to gather a lot of information in a short amount of time**
- **It was an awesome experience to see all the displays, innovations, and networking**
- **The main thing that struck us is that there are continual advancements being made in Builders Products**
- **If your name is not drawn, you should still make plans to attend the show**

PLEASE ENJOY THIS COMPLIMENTARY ISSUE OF BT BLUEPRINTS

To find out how you can join Builders Trust of New Mexico AND receive the best value in workers' compensation coverage for New Mexico Home Builders Association members, please contact us at
PH: 505-345-3477 or 1-800-640-3369 or www.builderstrust.com

TEN TIPS TO PREVENT VEHICLE INCIDENTS & THEIR COSTS



- REGULAR PREVENTATIVE AND ROUTINE VEHICLE MAINTENANCE
 - DOCUMENTED DAILY VEHICLE CONDITION INSPECTIONS
 - LIMIT NUMBER OF EMPLOYEES TRAVELING IN SAME VEHICLE
 - ENSURE DRIVERS ARE WELL RESTED PRIOR TO DRIVING
 - ANNUAL REVIEW OF EVERY EMPLOYEE'S MOTOR VEHICLE REPORT
 - PERIODIC RANDOM DRUG TESTING
 - ENFORCE RESTRICTION OF CELL PHONE USAGE WHILE DRIVING
 - REQUIRE A DEFENSIVE DRIVING COURSE EVERY TWO YEARS
 - ENFORCE MANDATORY USE OF SAFETY RESTRAINTS
 - SECURE TOOLS/MATERIALS TO AVOID FLYING OBJECTS DURING A CRASH
- Note, require the above for ALL employees, both field and office workers