Volunteering
by Dana Oaks, Executive Director

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community and professional organization's. The right match can help you find friends, reach out to the community, association, learn new skills, and even advance your career. Volunteering can also help protect your mental and physical health.

Tips for getting started volunteering

First, ask yourself if there is something specific you want to do.

For example, do I want...

...to make it better around where I live
...to meet people who are different from me
...to try something new
...to do something with my spare time
...to see a different way of life and new places
...to have a go at the type of work I might want to do as a full-time job
...to do more with my interests and hobbies
...to do something I’m good at

The best way to volunteer is to match your personality and interests. Having answers to these questions will help you narrow down your search.
## BY THE NUMBERS

### Year End Plans received by the Plan Room

<table>
<thead>
<tr>
<th>Year</th>
<th>Plans</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>389 plans</td>
</tr>
<tr>
<td>2014</td>
<td>379 plans</td>
</tr>
<tr>
<td>2013</td>
<td>485 plans</td>
</tr>
<tr>
<td>2012</td>
<td>485 plans</td>
</tr>
<tr>
<td>2011</td>
<td>530 plans</td>
</tr>
<tr>
<td>2010</td>
<td>488 plans</td>
</tr>
</tbody>
</table>

### Hours worked reported by Carpenters (#237-Zone 1), Ironworkers (#112), Laborers (#165), Cement Finishers (#18-12), Plasterers (#18-12), Operating Engineers (#649), all are building contracts.

<table>
<thead>
<tr>
<th>Year</th>
<th>Hours Worked (Jan-Dec)</th>
<th>Hours Worked (Jan-Nov)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>1,497,272 hours</td>
<td>1,108,394 hours</td>
</tr>
<tr>
<td>2014</td>
<td>1,298,258 hours</td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td>1,526,823 hours</td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>1,725,817 hours</td>
<td></td>
</tr>
<tr>
<td>2011</td>
<td>1,461,909 hours</td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td>1,700,346 hours</td>
<td></td>
</tr>
</tbody>
</table>

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### Combined Central Illinois Construction Industry Fund Trustees

**January 2016**

- Terry Baum, Chairman, Otto Baum Company, Inc.
- Kurt Baum, Vice Chairman, Otto Baum Company, Inc.
- Scott Bauer, Secretary, Wright-Way Interior Systems, LLC
- Tim Braker, J. J. Braker & Sons, Inc.
- Eric Bursott, River City Construction, LLC
- Joey Metzloff, Williams Brothers Construction Co., Inc.
- Brian Rumpf, CORE Construction
- Trey Solorio, Wright-Way Interior Systems, LLC
MARK YOUR CALENDARS

GPCSA’s Executive Committee Meeting — April 1, 2016

GPCSA’s Lobbyist—ICIC—Annual Legislative Reception — April 6, 2016

GPCSA’s Program Committee—Combined with the Marketing & Membership Committee — April 7, 2016

GPCSA Finance Committee — April 8, 2016

Bradley University ICAT Asphalt & Construction Conference — April 12 & 13, 2016

CCICIF Scholarship Application Interviews of Bradley University Civil Engineering & Construction Department — April 19, 2016

GPCSA’s Board of Directors Meeting — April 22, 2016

CCICIF Trustees Meeting — August 19, 2016

UNIONIZATION

The share of workers represented by unions held steady in 2015, matching the historic low of 12.3 percent set the prior year, a Labor Department report showed January 27th.

The unionization rate has fallen dramatically from 23.3 percent in 1983 when the government began tracking the data.

GPCSA has started a Facebook Page.

Please drop by and like us.

Facebook - www.facebook.com/GPCSA
The 2016 Legislative Session Gets Under Way

The 2016 legislative session is under way. Here's a quick run-down on major issues that have surfaced so far.

- A meaningful capital bill remains our highest priority. ICIC is working in concert with many other construction and design groups hoping to gain traction on this important issue.
- Procurement Reform. ICIC is working with the State Chamber and other groups to push for better and simpler procurement processes. We are currently working as part of a larger business task force that is pushing for change in 2016. Several bills have been introduced. Governor Rauner has called for a complete overhaul, mostly eliminating the existing CPO structure. The State Chamber proposed a bill that would consolidate the IDOT and CDOT CPOs under IDOT. Yet another bill calls for more measured reforms.
- Public-Private Partnerships as a potential...
source of non-traditional revenue for capital projects are on the agenda again in 2016. One bill has been introduced that would allow for local infrastructure and other projects to be funded using this mechanism. We are working to make sure that anything that passes has established parameters and fair processes that make sense.

- The so-called "hours versus wages" bill was introduced again this year. As a reminder, this is a proposal, previously introduced by ICIC, that would base workers compensation insurance on hours worked, rather than wages paid.
- A bill to extend responsible bidder requirements to all units of local government has again been introduced. ICIC opposed the measure last year.

### Budget Prospects -- Day 309; IDOT

The budget stalemate continues in Springfield and there are no real prospects for a resolution.

The state has now operated without a budget for nearly nine months. With courts having ordered payouts accounting for about 90 percent of the budget, it does not appear that there is an immediate deadline or looming catastrophe that will encourage an agreement. One thing that could change the landscape is that many of the state's public universities and community colleges appear to be headed for financial meltdown. Whether that's a big enough crisis to compel negotiations remains to be seen.

With the primary election right around the corner and a general election this fall, hopes are somewhat dim that legislators and the governor will reach a consensus before those elections. In fact, it's difficult to anticipate that many issues can be addressed in the current climate.

One project that appears to be gaining bi-partisan support is IDOT's proposal to employ a public-private
partnership on its $425 million 1-55 "managed lane" project. Because this is a potential 3P project, it must be approved by both the House and Senate. The first hearing was yesterday and there appears to be almost no opposition. The need is immediate and pressing. With no prospect for a state budget anytime soon, 3P offers the opportunity to get the project under way quickly, without taxpayer dollars. If the General Assembly ultimately approves it, expect to see more proposals like this one.

Payment to State Contractors - Update

In September 2015, ICIC and the Illinois Mechanical and Specialty Contractors Association jointly urged Governor Rauner to make payments to Illinois contractors for work previously completed under the FY'15 budget.

In late January, the governor's office completed a bond sale that would provide capital funding for Fiscal Year '15 Capital Development Board projects, in addition to about $400 million in transportation projects from the same fiscal year. Contractors on those projects whose pay requests were submitted and approved prior to the August 30 deadline have received their payments.
Looking at the Increase in Construction Trades Suicides

Construction ranks among the top nine occupations with the highest risk for suicide according to the Bureau of Labor Statistics.

With this in mind, I wanted to post something that is very troubling; but needs to be shared especially with this group so none of us or our workers fall into this statistic.

The National Action Alliance for Suicide Prevention says in the US we have 42,000 deaths by suicide each year. The rate is highest in middle age white males who die at a rate of 3.5 times more then women by suicide. But no one is talking about it due to the wall of shame and silence suicide brings with it.

Does your firm have any strategies in place to address mental health and suicide prevention?
FOR IMMEDIATE RELEASE
March 2, 2016

Illinois Department of Labor Honors Workplace Safety at DIOSH Day

PEORIA—March 2, 2016. To promote safety in the workplace, Illinois Department of Labor (IDOL) Director Hugo Chaviano joined employers and employees at the 25th Annual Downstate Illinois Occupational Safety and Health (DIOSH) Day Conference. Illinois OSHA, along with many industry groups, sponsored this event to provide expert occupational safety and health management resources for employers of all sizes and industries.

“It is great to see so many workers and business owners come out to learn from each other about workplace safety,” said IDOL Director Chaviano. “Ensuring the wellbeing of individuals on the job is not just critical for Illinoisans and their families, but also for the economy at large. The creativity and innovation on display here is exactly what we need to encourage a healthy workforce in our state.”

“The health and safety of our workers should always be a top priority,” said Governor Bruce Rauner. “We need to balance worker safety while creating a business climate where companies like the ones at DIOSH Day can compete and flourish.”

The conference offered breakout sessions and networking opportunities with speakers and vendors from industry, higher education and regulatory agencies. It was a venue to learn about best practices and ask questions of peers and compliance agents about how standards are practically applied. Illinois OSHA, a division within IDOL, was available to answer questions and sign up businesses for its On-Site Safety & Health Consultation Program, which offers free, confidential safety assistance to small to medium size employers of 500 or less.

For the past five years at DIOSH Day, IDOL has also presented the Governor's Safety Award to a person who has made significant contributions to safety and health training or research that have had lasting impact for workers. This year’s award recipient is John Brunner, who is the health and safety manager at Essentra Specialty Tapes in Forest Park, IL.

For more information about the Illinois Department of Labor, visit the website at labor.illinois.gov. You can also find IDOL on Facebook at Facebook.com/ILDeptoOfLabor or follow on Twitter @ILDeptoOfLabor.
Workers’ Exposure to Respirable Crystalline Silica: Final Rule Overview
More than 2 million workers gain protections from deadly dust

Background
Workplace illness takes the lives of thousands of workers each year. Those workers and their families rely on the U.S. Department of Labor’s Occupational Safety and Health Administration to set and enforce standards that reduce the risk to those workers of contracting illnesses or suffering injuries on the job, so that no worker is forced to sacrifice their life or health for their livelihood. Respirable crystalline silica is particularly hazardous for the nation’s workers.

Workers who inhale very small crystalline silica particles are at increased risk of developing serious — and often deadly — silica-related diseases. These tiny particles (known as “respirable” particles) can penetrate deep into workers’ lungs and cause silicosis, an incurable and sometimes fatal lung disease. Crystalline silica exposure also puts workers at risk for developing lung cancer, other potentially debilitating respiratory diseases such as chronic obstructive pulmonary disease, and kidney disease. Approximately 2.3 million people in the U.S. are exposed to silica at work.

To better protect workers from dangerous crystalline silica, OSHA has finalized two new silica standards: one for general industry and maritime, and the other for construction. These rules are based on extensive review of peer-reviewed scientific evidence, current industry consensus standards, an extensive public outreach effort, and nearly a year of public comment, including several weeks of public hearings. They provide commonsense, affordable and flexible strategies for employers to protect workers in their workplaces from the serious risks posed by silica exposure.

OSHA estimates these standards will save the lives of more than 600 workers each year and prevent more than 900 cases of silicosis each year once the full effects of the rule are realized.

What is crystalline silica?
Crystalline silica is a common mineral that is found in materials that we see every day in roads, buildings, and sidewalks. It is a common component of sand, stone, rock, concrete, brick, block, and mortar.

- Exposures to crystalline silica dust occur in common workplace operations involving cutting, sawing, drilling, and crushing of concrete, brick, block, rock, and stone products (such as construction tasks), and operations using sand products (such as in glass manufacturing, foundries, sand blasting, and hydraulic fracturing).

Why do we need new silica standards?
- We have known about the dangers of silica for decades. More than 80 years ago, U.S. Secretary of Labor Frances Perkins first brought experts and stakeholders together to determine the best ways to protect workers from silica.
- OSHA’s current permissible exposure limits for silica are more than 40 years old. They are based on research from the 1960s and earlier that do not reflect more recent scientific evidence.
- Strong evidence shows that the current exposure limits do not adequately protect worker health. For example, since the current exposure limits were adopted, respirable crystalline silica exposure has been found to cause lung cancer and kidney disease at the levels currently permitted.
- Many employers are already implementing the necessary measures to protect their workers from silica exposure. The technology for most employers to meet the new standards is widely available and affordable.

How will the rule protect workers?
- The rule significantly reduces the amount of silica dust that workers can be exposed to on the job. That means that employers will have
to implement controls and work practices that reduce workers’ exposure to silica dust. For most activities, that means that employers will have to ensure that silica dust is wetted down or vacuumed up before workers can breathe it in.

- Employers are required under the rule to limit access to high exposure areas, provide training, provide respiratory protection when controls are not enough to limit exposure, provide written exposure control plans, and measure exposures in some cases. Employers are also required to offer medical examinations to highly exposed workers. Workers who find out they have an illness, such as lung disease, can use that information to make employment or lifestyle decisions to protect their health.

How will OSHA help employers comply with the rule to protect their workers?

- The rule provides flexibility to help employers — especially small businesses — protect workers from silica exposure, with staggered compliance dates to ensure sufficient time to meet the requirements. Employers have from one to five years to get the right protections in place.
- The rule includes special flexibility for the construction industry. For the most common tasks in construction, OSHA has spelled out exactly how to best protect workers. If employers follow those specifications, they can be sure that they are providing their workers with the required level of protection. If they have better ideas about how to provide protection, they can do that too — as long as they make sure that their methods effectively reduce their workers’ exposure to silica dust.

What industries are affected?

Affected industries include:

- Concrete products
- Foundries
- Dental laboratories
- Paintings and coatings
- Jewelry production
- Refractory products
- Ready-mix concrete
- Cut stone and stone products
- Abrasive blasting in maritime, construction, and general industry
- Refractory furnace installation and repair
- Railroad transportation
- Oil and gas operations

Additional information

Additional information on OSHA’s silica rule can be found at www.osha.gov/silica.

OSHA can provide extensive help through a variety of programs, including technical assistance about effective safety and health programs, workplace consultations, and training and education.

OSHA’s On-site Consultation Program offers free and confidential occupational safety and health services to small and medium-sized businesses in all states and several territories across the country, with priority given to high-hazard workplaces. On-site consultation services are separate from enforcement and do not result in penalties or citations. Consultants from state agencies or universities work with employers to identify workplace hazards, provide advice on compliance with OSHA standards, and assist in establishing and improving safety and health management systems. To locate the OSHA On-site Consultation Program nearest you, call 1-800-321-OSHA (6742) or visit www.osha.gov/dcap/smallbusiness.

For more information on this and other health-related issues impacting workers, to report an emergency, fatality, inpatient hospitalization, or to file a confidential complaint, contact your nearest OSHA office, visit www.osha.gov, or call OSHA at 1-800-321-OSHA (6742), TTY 1-877-889-5627.

This is one in a series of informational fact sheets highlighting OSHA programs, policies or standards. It does not impose any new compliance requirements. For a comprehensive list of compliance requirements of OSHA standards or regulations, refer to Title 29 of the Code of Federal Regulations. This information will be made available to sensory-impaired individuals upon request. The voice phone is (202) 693-1999; teletypewriter (TTY) number: (877) 889-5627.

For assistance, contact us. We can help. It's confidential.
OSHA’s Crystalline Silica Rule: Construction

OSHA is issuing two standards to protect workers from exposure to respirable crystalline silica—one for construction, and the other for general industry and maritime—in order to allow employers to tailor solutions to the specific conditions in their workplaces.

Who is affected by the construction standard?

About two million construction workers are exposed to respirable crystalline silica in over 600,000 workplaces. OSHA estimates that more than 840,000 of these workers are exposed to silica levels that exceed the new permissible exposure limit (PEL).

Exposure to respirable crystalline silica can cause silicosis, lung cancer, other respiratory diseases, and kidney disease. Exposure can occur during common construction tasks such as using masonry saws, grinders, drills, jackhammers, and handheld powered chipping tools; operating vehicle-mounted drilling rigs; milling; operating crushing machines; and using heavy equipment for demolition or certain other tasks.

The construction standard does not apply where exposures will remain low under any foreseeable conditions; for example, when only performing tasks such as mixing mortar; pouring concrete footers, slab foundation and foundation walls; and removing concrete formwork.

What does the standard require?

The standard requires employers to limit worker exposures to respirable crystalline silica and to take other steps to protect workers.

The standard provides flexible alternatives, especially useful for small employers. Employers can either use a control method laid out in Table 1 of the construction standard, or they can measure workers’ exposure to silica and independently decide which dust controls work best to limit exposures to the PEL in their workplaces.

Regardless of which exposure control method is used, all construction employers covered by the standard are required to:

- Establish and implement a written exposure control plan that identifies tasks that involve exposure and methods used to protect workers, including procedures to restrict access to work areas where high exposures may occur.
- Designate a competent person to implement the written exposure control plan.
- Restrict housekeeping practices that expose workers to silica where feasible alternatives are available.
- Offer medical exams— including chest X-rays and lung function tests—every three years for workers who are required by the standard to wear a respirator for 30 or more days per year.
- Train workers on work operations that result in silica exposure and ways to limit exposure.
- Keep records of workers’ silica exposure and medical exams.

What is Table 1?
Table 1 matches common construction tasks with dust control methods, so employers know exactly what they need to do to limit worker exposures to silica. The dust control measures listed in the table include methods known to be effective, like using water to keep dust from getting into the air or using ventilation to capture dust. In some operations, respirators may also be needed.

Employers who follow Table 1 correctly are not required to measure workers' exposure to silica and are not subject to the PEL.

Table 1 Example: Handheld Power Saws
If workers are sawing silica-containing materials, they can use a saw with a built-in system that applies water to the saw blade. The water limits the amount of respirable crystalline silica that gets into the air.

<table>
<thead>
<tr>
<th>Equipment/Task</th>
<th>Engineering and Work Practice Control Methods</th>
<th>Required Respiratory Protection and Minimum Assigned Protection Factor (APF)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Handheld power saw (any blade diameter)</td>
<td>Use saw equipped with integrated water delivery system that continuously feeds water to the blade. Operate and maintain tool in accordance with manufacturer’s instructions to minimize dust emissions. • When used outdoors • When used indoors or in an enclosed area.</td>
<td></td>
</tr>
</tbody>
</table>

In this example, if a worker uses the saw outdoors for four hours or less per day, no respirator would be needed. If a worker uses the saw for more than four hours per day or any time indoors, he or she would need to use a respirator with an assigned protection factor (APF) of at least 10. In this case, a NIOSH-certified filtering facepiece respirator that covers the nose and mouth (sometimes referred to as a dust mask) could be used. If a worker needs to use a respirator on 30 or more days a year, he or she would need to be offered a medical exam.

Alternative exposure control methods
Employers who do not use control methods on Table 1 must:
- Measure the amount of silica that workers are exposed to if it may be at or above an action level of 25 μg/m³ (micrograms of silica per cubic meter of air), averaged over an eight-hour day.
- Protect workers from respirable crystalline silica exposures above the permissible exposure limit of 50 μg/m³, averaged over an eight-hour day.
- Use dust controls to protect workers from silica exposures above the PEL.
- Provide respirators to workers when dust controls cannot limit exposures to the PEL.

When are employers required to comply with the standard?
Construction employers must comply with all requirements of the standard by June 23, 2017, except requirements for laboratory evaluation of exposure samples, which begin on June 23, 2018.

Additional information
Additional information on OSHA's silica rule can be found at [www.osha.gov/silica](http://www.osha.gov/silica).

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