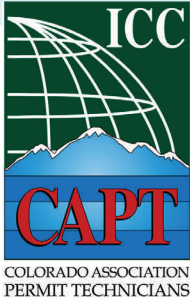


# Tech Talk Newsletter



Colorado Association of Permit Technicians



## From The President's Desk



The CAPT May meeting, held in Erie, was well attended. Officer Phil Lukens gave a humorous and powerful presentation on "Work Place Safety". We received valuable knowledge on how to handle difficult customers, reading body language, when to call for help, spotting weapons and how to better protect ourselves on a daily basis. Thank you Melinda Helmer and the Town of Erie for hosting.

The CAPT July meeting held in Black Hawk was also well attended. Gil Rossmiller entertained the group with a informative presentation on "Going Paperless Pros and Cons". Thank you Tami Archer, Cindy Linker and the City of Black Hawk for hosting.

It is great to see so many of you attending the meetings. A huge thank you to the Building Officials for letting your Permit Technicians attend.

Hope to see everyone at the November CAPT meeting hosted by Commerce City.

### **PRESIDENT**

Darla Brooks  
County of Arapahoe  
720-874-6609  
[dbrooks@co.arapahoe.co.us](mailto:dbrooks@co.arapahoe.co.us)

### **VICE PRESIDENT**

Melinda Helmer  
Town of Erie  
303-926-2710  
[mhelmer@erieco.gov](mailto:mhelmer@erieco.gov)

### **TREASURER**

Ann Freiberg  
City of Commerce City  
303-289-3725  
[afreiberg@c3gov.com](mailto:afreiberg@c3gov.com)

### **DIRECTORS**

Kimberly Segura-Bates  
City of Lakewood  
303-987-7572  
[Kimseg@lakewood.org](mailto:Kimseg@lakewood.org)

Melissa Mackey  
City of Wheat Ridge  
303-237-8929  
[mmackey@ci.wheatridge.co.us](mailto:mmackey@ci.wheatridge.co.us)

Jessica Sorensen  
Town of Parker  
303-841-1970  
[jsorensen@parkeronline.org](mailto:jsorensen@parkeronline.org)

### **PAST PRESIDENT**

Nicole Montgomery  
City of Westminster  
303-658-2074  
[nmontgom@cityofwestminster.us](mailto:nmontgom@cityofwestminster.us)

Constantly crabby? Then make more stops to the water cooler. Habitual high-volume H2O consumption led to a better mood and a significant decrease in fatigue and sleepiness, finds new research from France.

In the study, 30 people who drank little water each day--less than 1.2 liters--were asked to increase their water intake to more than 2.5 liters for three days. Not only were people getting their thirst quenched, but also participants reported feeling less fatigued, less confused and more satisfied overall with their mood.

Researchers also flipped the script and had 22 people who regularly drank lots of water decrease their consumption. The reverse happened: Lowering water intake worsened participants' moods, leading to negative effects such as headaches, confusion and fatigue, says study author Nathalie Pross, Ph.D.

So you know dehydration is bad for your body during exercise, but how does it rattle your mood 24/7? While it's still unclear, previous research from the University of Connecticut found that even mild dehydration affects the cognitive performance of men. Researchers believe one reason might be that neurons in your noggin detect an electrolyte imbalance or dehydration, and that affects parts of the brain regulating your mood.

The bottom line: Aim to drink 2.5 liters of water--about 8 to 10 glasses--each day and you might just stop snapping at others around the office.

Provided by: Men's Health, 2014



**If you're hungry, drink water first.**

While you may be filling up your stomach with volume, drinking away your hunger doesn't work. Look for telltale signs of hunger. Make sure it's not an emotional craving, which strikes suddenly and is often for a specific food or brand.

Physical hunger is felt below the neck, often signaled by a growling belly and isn't accompanied by a sense of compulsion. True hunger gradually builds over time, occurring three to five hours after a meal.

Physical hunger also goes away when we feel full and often results in a feeling of satisfaction after eating. Honor your hunger by keeping healthy snacks, such as whole fruits and nuts, nearby for those moments when you feel hunger coming on.

## NOVEMBER CAPT MEETING

### AGENDA

**Hosted by: Commerce City**  
**6060 East Parkway Drive Room A/B**  
**Commerce City CO**

**Out of Your Comfort Zone:**

*Shaunna Mazingo,*  
*Colorado Code Consulting*

Shaunna will take us on her journey from Administrative Assistant to Inspecting in China and the crazy yet fulfilling experiences along the way.

Shaunna will show highlights from her trips inspecting for the US and China Solar Decathlons as well as give pointers on how to redefine your "comfort zone" to have the most fulfilling career possible.

Annual Luncheon, Business Meeting and Election of Officers.

**Don't forget to RSVP FOR THE NOVEMBER MEETING**

**Darla Brooks, CAPT**  
**Program Chair,**  
**720-874-6609** or  
[dbrooks@co.arapahoe.co.us](mailto:dbrooks@co.arapahoe.co.us)

Registration Fee: \$35.00  
Cash or Check Payable to CAPT at the door  
(Registration Fee Includes Breakfast, Breaks, Lunch, Instructional Materials, and is Non-refundable)

### Annual Food Drive

**Bring your canned food items and/or toiletry items for distribution to a local food bank.**



## CAPT Board 2015 Nominees

President	Darla Brooks
Vice President	Melinda Helmer
Treasurer	Ann Freiberg

### Board of Directors

Kimberly Segura Bates  
Jessica Sorenson  
Melissa Mackey

Past President      Nicole Montgomery

WERE ON THE WEB

[www.cocapt.com](http://www.cocapt.com)

# ELECTRICAL HAZARDS?



Make sure your workers don't become a part of these shocking statistics!

From 2003 to 2010, over **1,600** people died and over **20,000** were injured due to work-related electrical accidents.\*

## TALK OF THE TRADE



*"ARE YOU PROTECTING YOUR WORKERS FROM ELECTRICAL HAZARDS?"*

### Top 3 causes of occupational electrical fatalities\*:



1. Contact with overhead power lines



2. Contact with wiring, transformers, or other electrical components



3. Contact with electric current of machine, tool, appliance, or light fixture

Exposure to just **50 milliamps** of electrical current can cause **death**.



That's about the amount of current that would power a **small radio**.

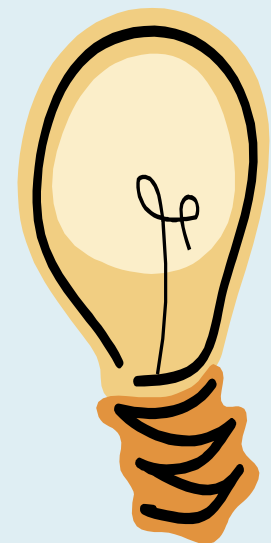


### 4 primary types of electrical injuries:

1. Electrocution (death from electric shock)
2. Electric shock
3. Burns
4. Falls (from impact of electric shock)

### Occupations with the most fatal electrical injuries\*:

1. Electricians
2. Construction laborers
3. Electrical power line installers and repairers
4. Tree trimmers and pruners
5. Industrial machinery installation, repair, and maintenance workers



# Electrical Safety Essentials

Share these tips with employees to keep them safe from electrical hazards—at work and at home.

**DON'T** use extension cords as a substitute for permanent wiring.



**DO** inspect extension cords before use for signs of wear, broken grounding pins, and other hazards, and remove damaged extension cords from service.

**DON'T** touch or work on live exposed electrical parts unless you are qualified to do so and are using proper protective tools and equipment.



**DO** use ground fault circuit interrupters (GFCIs) or GFCI outlets to protect yourself from electric shock, especially in wet locations.



**DON'T** overload circuits with more than their rated voltage.



**DO** follow lockout/tagout procedures when performing work on electrical parts and systems.

Download BLR's  
 **Electrical Safety Do's and Don'ts Checklist...**  
 Free for a limited time!

## TALK OF THE TRADE



**Don't eat late at night.**

Don't let the clock dictate your hunger. The truth is there's no magical switch that turns on after the clock strikes a certain hour that automatically makes our bodies store food as fat.

We all operate on different schedules; therefore, the timing of when we eat is also different. As long as we're hungry and eating a balanced plate, it's no worse to eat at 9 p.m. than it is at 5 p.m. The key to maintaining a healthy weight is to avoid eating when you're not hungry.

ICC 2014  
Fort  
Lauderdale

2014 ICC Annual Conference  
Group C Public Comment  
Hearings and Expo

September 28 – October 5



# Tid Bits

## REDUCING OR ELIMINATING REPETITIVE MOTION INJURIES

Repetitive motion injuries are the result of overusing body parts by doing tasks excessively and not allowing the body a chance to rest. These repetitive actions can be complicated when body parts must function in awkward positions or you must use excessive force to grip or move an object or tool.

### Reducing or eliminating repetitive motion injuries

The first step in reducing or eliminating repetitive motion injuries is to take precautions to prevent them. This starts with reducing the number of repetitive activities completed throughout the day. If you must engage in these activities, take frequent breaks to give your body a chance to rest.

For instance, if you have been using a screwdriver and are twisting your wrist for a long period of time, do another task that does not involve this same muscle group. Taking this "rest" may also mean that you rotate tasks with another co-worker or do a different job that does not involve strenuous wrist work.

### Other solutions that can reduce or eliminate repetitive motion injuries

- Maintaining good posture when sitting and standing, as awkward positions apply the strain on muscles, tendons and nerves.
- Working at a comfortable speed, even if your work is driven by machine functions or line processes. You can pace yourself so your muscles have a chance to rest.
- Maintaining your flexibility by warming up your muscles before you begin your shift. Perform stretching exercises for your hands, wrists, back and neck to avoid problems throughout the day.
- Your hands and wrists should be stretched so that they are ready to move same ways required by your job tasks.
- Your neck can be stretched gently from side-to-side and then front-to-back.
- Your back can be stretched while sitting in a chair and bending forward so that your chin comes close to your knees.

### Avoid awkward postures

- When body parts are moved in awkward postures, they are significantly altered from the neutral position that they are supposed to be in. Working this way can lead to musculoskeletal disorders because they increase the need for excessive muscle force.
- In general, if your posture is extreme, your muscles will work inefficiently. Often, awkward postures can turn low-risk activities into high-risk tasks simply due to poor posture.
- To reduce your risk of injury on the job, keep your body parts in neutral positions and stop what you are doing if you must exert excessive force to get the job done. There is always a better way to complete tasks, if you are in pain or must stress your body to get a job done.

### Avoid body stress

Periodically take a moment to allow your muscles to rest throughout the workday. During this time, stretch out.

- If you are sitting, stand up and stretch your arms to the ceiling and then touch the floor.
- If you have been using your hands and wrists excessively, stop and stretch them out.
- If you have been standing for a long period of time, sit down and then stretch out your back.
- If possible, alternate between tasks to let your various muscle groups rest.

*(Source: Go Ergo newsletter by Hays Companies)*

# What's New



## Colorado Chapter of the International Code Council Meeting Announcement

Date: August 21/22, 2014  
Location: Carbondale CO

Date: October 17, 2014  
Location: Greeley CO

Visit: [www.coloradochaptericc.org](http://www.coloradochaptericc.org) for meeting agenda, map and information.



## Colorado Association of Plumbing and Mechanical Officials

Sam Dardano  
President  
(303) 441-4283

[dardanos@ci.boulder.co.us](mailto:dardanos@ci.boulder.co.us)

Next meetings September 18, 2014  
and November 20, 2014  
Jefferson County



## ICC CONTACTS

1-888-ICC-SAFE (422-7233)  
Web address: [www.iccsafe.org](http://www.iccsafe.org)

**International Code Campus:**  
[www.icccampus.org](http://www.icccampus.org)

The International Code Council's award winning electronic newsletter, distributed monthly, keeps members and interested parties up to date with International Code Council programs and relevant industry activities. Read the current issue at:  
[www.iccsafe.org/news](http://www.iccsafe.org/news)



## Fire Marshal's Association of Colorado

Kevin Milan  
President

[www.fmac-co.org](http://www.fmac-co.org)

Join the CAPT board and participate in Construction Career Days, September 23rd & 24th—Adams County Fairgrounds. 7:30 am—1 pm

Volunteer to work the CAPT booth or be a group leader for activities. Contact Jessica Sorensen for more information.

[jsorensen@parkeronline.org](mailto:jsorensen@parkeronline.org)



**CAPT is 106 members strong—thank you for renewing your dues and welcome to the 36 new members!**