

# CAPT

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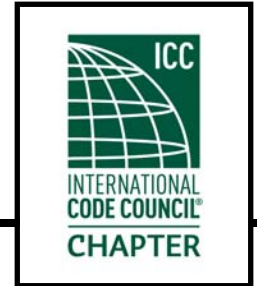
## PAST PRESIDENT

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# TECH TALK

July 2010



## From the President's Desk

Summer is finally here and I hope you have survived the storms. We never look forward to the strong winds, hail storms or the ugly "T" word, tornados but we welcome the warm weather.

With the unfortunate disasters that hit our communities comes the responsibility of our departments to be even more helpful and understanding when dealing with customers. When home owners are "forced" to repair their homes they are not always happy and may not understand where they need to start or what they need to do.



The Permit Technician position is one of the most important positions with any Building Department. You are the customer's first point of contact and can sometimes make or break a relationship with the customer. You have to be understanding, caring, empathetic, sympathetic, knowledgeable, supportive and most of all helpful. I know that you all provide the best customer service possible every day and you are appreciated.

The May meeting in Douglas County was a big hit. Thank you Beverly O'Connell and Jill Stevens for hosting and providing us with a great location in the southern portion of the city. Glenn Mathewson put together two great presentations. The first was on Plumbing, Mechanical, Fuel-Gas & Electrical Fundamentals and the second was on Re-Roofing permits. The presentation on re-roofing permits was perfect timing due to the time of year. We are thankful that Glenn can continue to provide training for us. Thanks Glenn!

Have a great summer everybody! Remember to stay cool, drink a lot of water and keep the sunscreen handy.

*Darla Brooks*

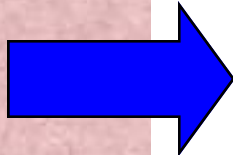
**Next CAPT Meeting****Wednesday, November 17, 2010**

Hosted by The City of Westminster  
 10455 Sheridan Blvd  
 Westminster City Park Recreation Center

**RSVP to:**

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)

**AGENDA**

**International Trainer & Speaker  
 Randy Ferguson, M.A.**

**Luncheon  
 Election of Officer  
 Annual Business Meeting**

**Food Drive**

**Being Happy —**

Living your life happily, resiliently and optimistically is wonderful, but it's also essential to your health. Being a happy person actually protects you from stress linked to such top killers as heart attacks and strokes, and thus helps you live longer and better. How does one become a content and optimistic person? By simply examining your reaction to situations that anger you or bring on negative feelings, you can actually train yourself to see the brighter side of a situation and deal with it more effectively and healthfully. One of the smartest things ever said is that only one thing in life will always remain the same: change. Whether you're in an intolerable situation or even a euphoric one, things always change. Truly acknowledging this will help you cope during times of difficult personal trials. Social networks are imperative to happiness. Accept people for who they are, avoid constant arguments and let go of resentments. I don't mean that you should lie down and be a doormat, but rather make an effort to get along with others and try to understand their point of view. This small change can make an enormous difference in the way people treat you and the way you feel about both them and yourself.

**QUESTION CORNER**

Looking for information from jurisdictions that are using combination permits. The information should include copies of permits, fee schedules, application fees, breakdown of fee's, plan check fee's, or a general breakdown as it relates to using a combination permit.

Any help would be greatly appreciated.  
 Please email information to:

Florencio Mondragon Jr.  
 Town of Vail  
 970-479-2143  
[JMondragon@vailgov.com](mailto:JMondragon@vailgov.com)



*"Never give up, for that is just the place and time that the tide will turn."  
 Harriet Beecher Stowe*

# TALK OF THE TRADE



## Tools for Communities

### 1 • Call Before you Dig



**Know what's below.  
Call before you dig.**

### 2 • Know what the Marks Mean

Colored markings on the ground correspond to specific types of facilities. The universal guide for markings is below.

Proposed Excavation
Temporary Survey
Electric Power Lines, Cable Conduit and Lighting Cables
Gas, Oil and Petroleum and Gaseous Materials
Communications, Alarm or Signal Lines and Cables or Conduit
Potable Water
Reclaimed Water, Irrigation, and Slurry
Sewer and Drain Lines

### 3 • National Pipeline Mapping System

NPMS can assist you with determining what transmission pipelines are in a particular county, their general location, the products transported and contact information for the pipeline operator. To access the NPMS, go to [www.npms.phmsa.dot.gov](http://www.npms.phmsa.dot.gov).

## Sleep Tight, Stay Safe

Health experts say the average adult needs at least 7 to 8 hours of sleep a night. Why? Because people who don't get enough sleep are at greater risk of obesity and diseases like diabetes, stroke, heart disease, depression, and high blood pressure. Workers who suffer from these conditions may be absent more often and may be more at risk when they are on the job.

Poor sleep quality affects safety performance in other ways as well. Many workers who sleep less than 6 hours per night report symptoms such as:

- Becoming impatient with others
- Finding it difficult to concentrate
- Making errors in their work
- Having trouble organizing or failing to finish assigned tasks on schedule

Lack of sleep also leads to drowsy driving, which is estimated to cause thousands of accidents each year.

Keep your workers wide awake and safe on the job by giving them the following suggestions to improve their sleeping habits.

- Set a regular schedule for going to bed every day—they can't make up for a big deficit on weekends.
- Create an environment that promotes comfortable sleeping—quiet, dark, and cool with a comfortable mattress and pillows.
- Get regular daily exercise, but not right before going to bed.
- Avoid caffeine, alcohol, nicotine, or heavy meals close to bedtime.
- Establish a soothing bedtime routine such as soaking in a warm tub, reading, or listening to soft music.
- Don't use bedtime to start planning—or worrying.
- Make a point of organizing their lives so they can get the 7 to 8 hours of sleep a night that most people require.

*(Courtesy of BLR Safety Daily Advisor)*

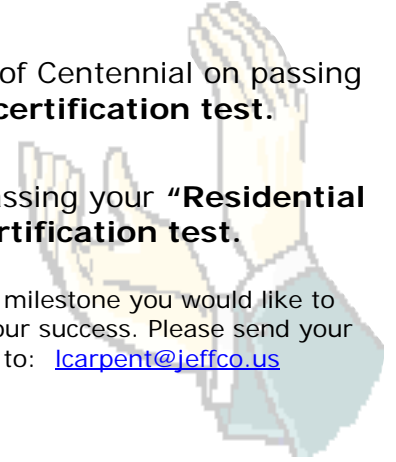
# H i g h l i g h t s

Congratulations to:

**Hope Pointer**, Permit Technician for City of Centennial on passing your **“Residential Building Inspector”** certification test.

**Leslie Carpenter**, Jefferson County on passing your **“Residential Energy Inspector/Plans Examiner”** certification test.

If you have recently passed an ICC exam or have a milestone you would like to share let us know. We would like to acknowledge your success. Please send your name, jurisdiction and type of certification received to: [lcarpent@jeffco.us](mailto:lcarpent@jeffco.us)



## Permit Tech Spotlight

Hope Pointer has been a Certified Permit Technician for SAFEbuilt for two years. Originally she worked for the City of Castle Pines North, but is currently working at the City of Centennial.

Hope has her Permit Technician Certification, Residential Building Inspector Certification, and is certified for SAP (Safety Assessment Program). She is studying for her Residential Plans Examiner test, and is planning to obtain the remainder of the Residential Inspector's certificates. She is working to become a Plans Examiner in the very near future. Yes she has been called a code geek on more than one occasion.

Hope Pointer was born in Colorado, but has lived in several other states including Wisconsin and Utah. Somehow she keeps finding her way back to Colorado, and so here is where she will stay. She lives on 10 acres in Larkspur with her husband, youngest son, and six Newfoundlands.

She enjoys breeding and showing her Newfoundlands, going for walks on her property with her husband, and trying to play video games with her son. Any time she can actually take a nap it is a heavenly event.



On an average day, there are more than 200 workplace fires in this country. Annually, those fires kill hundreds of workers, injure many thousands more, and cost American businesses billions of dollars in damage and lost productivity.



## 8 Common Fire Hazards

A successful fire prevention program begins with identifying all potential fire hazards. Here's a list of the most common (you may have others to add to the list):

- **Scrap and trash.** When waste materials are allowed to build up, the danger of fire increases. All it takes is an ignition source to get a fire going, and then the fire has plenty of fuel on which to feed.
- **Dust.** An excess of dust or powder in the air from wood, plastic, or metal operations can, if ignited, cause an explosion. Combustible dust explosions are among the most destructive and deadly types of workplace accidents.
- **Flammable Liquids.** Improper handling, storage, or disposal of flammable liquids used in production processes, as fuel sources, or for cleaning operations is a leading cause of workplace fires. And some of those fires can be deadly. For example, a few years back, a release of hydrocarbon liquid and vapor at the BP America oil refinery in Texas City, Texas, ignited. Seconds later, a powerful explosion devastated the facility, leaving 15 dead and about 100 injured.
- **Combustible materials.** Ordinary combustibles like paper, cardboard, cloth, and wood or products made from these materials, can create fire hazards as well. Other combustible materials, such as oily rags or other materials soaked with oil, can spontaneously combust if left carelessly lying around.
- **Electrical problems.** Overloaded circuits and outlets, damaged wiring, defective switches, and damaged plugs can lead to dangerous electrical fires. Electric coffeemakers, fans, space heaters, and other appliances used by employees are also potential fire hazard.
- **Heat and ignition sources.** Any source of heat or ignition (such as a spark) can lead to a fire when combined with combustible or flammable materials.
- **Machinery.** Inadequately lubricated or dirty machinery can also cause fires, as can mechanical defects.
- **Smoking.** Although smoking is most likely prohibited except in designated areas, employees may ignore the rules and sneak a smoke in restrooms or some low-traffic hideaway. A smoker might toss a match or cigarette butt into a wastebasket thinking it's extinguished when, in fact, it's still burning.

*(Courtesy of BLR Safety Daily Advisor)*

# HELP

**CAPT is recruiting for 2011 officer and board positions.**

**The board would like to extend an invitation to anyone interested in serving in 2011 to attend board meetings in 2010. The next board meeting will be held at the City of Wheat Ridge on Wednesday, September 15, 2010.**

**Serving on the CAPT board is a great opportunity and offers CEU's for certification renewal.**

**Joining a committee is another great way to be involved in CAPT. Most communication is done through email with no time away from your office.**

## **CAPT Committees**

- **Communication**
- **Corporate Affairs**
- **Membership**
- **Program/Education**
- **Public Relations**

**Contact any board member to sign up for a committee.**

## **CAPT 2010 Officers**

Darla Brooks—President  
 Nicole Montgomery—1st Vice President  
 Kathy Dean—2nd Vice President  
 Kimberly Segura-Bates—Treasurer

## **Board of Directors**

Monica Bordash  
 Leslie Carpenter  
 Kristy Shutto  
 Vacant  
 Vacant



Ann Freiberg—Past President

## **CAPT BYLAW CHANGES**

The process of changing the CAPT bylaws has been initiated, signed by five CAPT members and was presented to the CAPT board at the June 2nd board meeting.

Changes have been made under Article III Board of Directors—Section 2, 3, 4, 5 and 7. The number of board positions has been dropped to (7) by eliminating the 2nd Vice President position and two director positions. The number for a quorum for a board meeting has been dropped to four.

Section 7 has been changed to reflect when the newly elected board begins serving their term - which would be immediately after the election at the Annual Association Business Meeting.

These proposed amendments will be discussed and may be further amended at the Annual Association Business Meeting. If passed by a two-thirds majority vote at the Annual Business Meeting, the bylaws will be adopted on such date.

# Tid Bit

**“In the Hot Seat”** — Every hour you spend sitting during the day increases the likelihood of metabolic syndrome, which is a series of risk factors including hypertension, high cholesterol, and abdominal obesity (and a precursor for Diabetes). A recent study suggests sitting for four hours at a time appears to alter enzymes in the blood that metabolize fat. Lower your risk by making small changes throughout the day. Stand on public transportation or walk to work; take a quick walk on your break; hit the bathroom every half-hour; or go retro and bypass email to deliver messages in person.

*(British Journal of Sports Medicine, 2010).*



## Colorado Chapter of the International Code Council Meeting Announcement

Date: August 12 & 13, 2010  
Location: City of Black Hawk

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



## ICC CONTACTS

1-888-ICC-SAFE (422-7233)

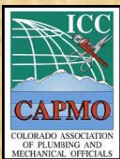
Web address: [www.iccsafe.org](http://www.iccsafe.org)

International Code Campus:

[www.icccampus.org](http://www.icccampus.org)

## ICC eNews

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)



## 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 meeting July 15, 2010  
Eisenhower/Johnson Tunnel Tour



## Fire Marshal's Association of Colorado

David Lowrey  
President  
303-441-4356

[lowreyd@bouldercolorado.gov](mailto:lowreyd@bouldercolorado.gov)  
[www.co-fmac.org](http://www.co-fmac.org)

# CAPT LIBRARY

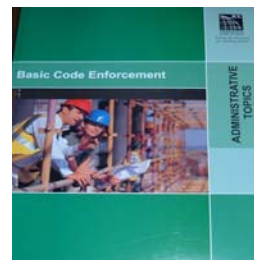
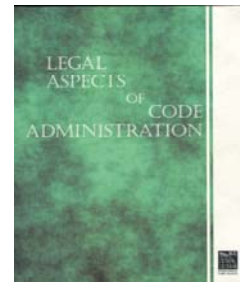


- 📖 2009 International Building Code
- 📖 2009 International Zoning Code
- 📖 2002 Legal Aspects of Code Administration
- 📖 2002 Legal Aspects Workbook
- 📖 Basic Code Enforcement
- 📖 VHS Video/World Trade Center: A Modern Marvel (1973-2001)
- 📖 VHS Video/The Quiet Heroes
- 📖 DVD People Helping People

Study Materials available for checkout to CAPT members.

Contact:

Leslie Carpenter at [lcarpent@jeffco.us](mailto:lcarpent@jeffco.us) or 303-271-8287 if you would like to check out materials from the library.



*Excellence is not a skill it's an Attitude*

All National Certification examinations that are referenced to the International Codes will be on the 2009 versions.

Books needed for the Certified Permit Technician test:

- 2009 IBC (chapters 1-3, 6, 12 and 34)
- 2009 International Zoning Code
- 2002 Legal Aspects of Code Administration
- Basic Code Enforcement—8th printing

Exam Details and Fees

\$180.00 computerized

60 multiple-choice questions—

Open Book—2 hour limit

General Administration 39%

Legal Aspects 22%

Plans and Documents 25%

Zoning and Site Development 14%

Number to call to schedule an exam

1-800-275-8301