



We Dig Virginia!

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**THE NEWSLETTER OF THE
HEAVY CONSTRUCTION CONTRACTORS ASSOCIATION**

Virginia Underground Damage Prevention Conference Report

Virginia Beach, Virginia – April 19 to April 21, 2010

Sponsored by: Division of Utility and Railroad Safety, State Corporation Commission and Virginia Utility Protection Services, Inc. Mr. Massoud Tahamtani, Director of the Division of Utility and Railroad Safety, SCC planned, directed and executed the program with military precision keeping everyone on task and on time.

This year's agenda was planned based on input from the members of the Damage Prevention Advisory Committee and a few others. In addition to several general presentations, we had 12 breakout sessions designed to focus on a number of issues that affect all stakeholders. Hopefully these sessions will produce a plan of action that we can implement together to address the issues.

In the realm of Miss Utility ticket origination, locator markings, ticket abuse and mapping of infrastructure the following sessions were very well attended:

- *How to Prevent Ticket Abuse
- *Enhancing Web Ticket Entry
- *Preserving Utility Markings
- *Marking Sewer Lateral Records Available to Excavators
- *The Pros and Cons of Mandatory White Lining
- *Utility Records and Accurate Mapping of Infrastructure.

In the area of planning, overcrowding and future outlook the following sessions were available:

- *VUP'5 Year Plan
- *Project Design and Right of Way Overcrowding
- *Use of Data to Improve Damage Prevention.

Finally the breakout sessions relative to education and training were:

- *Importance of a Utility Operator's Role in

Educating Its Contractors
*Enhancing Virginia's Damage Prevention Outreach Program.

The vendor displays and subject matter experts added color and substance to the Conference. The vendors provided an update of technologies including the "Virginia Pilot Project for One Call Technology" Phases I, II, & III, how GPS can be used for more than calling in tickets, and newly developed GPS enhanced locating documentation.

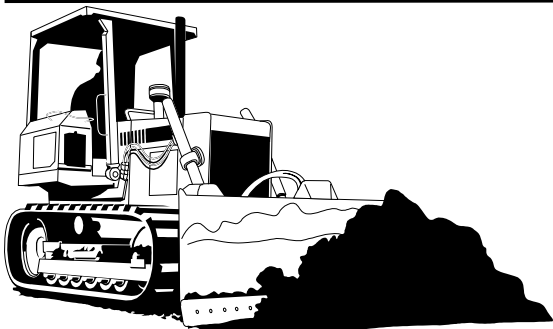
Everyone who attended this year's Conference was privileged to interact with the staff of the Division of Utility and Railroad Safety, whose talents extend far and wide.



Director Eszenyi together with representatives of VDOT—Mr. Greg Wroniewicz, City of VA Beach—Mr. Richard Harrell, Utiliquest, LLC—Mr. Thurman Smith and from URS—Mr. William Angle engaged in a two way dialog with the attendees.

At the end of the day the following recommendations were made to the Commission. Establish uniform standards of installation ; develop best practices with the "VA Municipal League of Counties" , Remove abandoned lines, limit installation of conduits for "future use" and research new technologies to replace conduits.

If any member firm's representative feels strongly about any of the breakout session venues, please express your opinion either to the HCCA Office or directly to Mr. Massoud Tahamtani.



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VIBRATION



There's a Whole Lot a Shakin' Goin' On!

Many workers do not think that their exposure to vibration could be a health hazard. Vibration exposure is more than just a nuisance. Constant exposure to vibration has been known to cause serious health problems such as back pain, carpal tunnel syndrome, and vascular disorders. Vibration related injury is especially prevalent in occupations that require outdoor work, such as forestry, farming, transportation, shipping, and construction. There are two classifications for vibration exposure: whole-body vibration and hand and arm vibration. These two types of vibration have different sources, affect different areas of the body, and produce different symptoms.

Whole-body vibration is vibration transmitted to the entire body via the seat or the feet, or both, often through driving or riding in motor vehicles (including fork trucks and off-road vehicles) or through standing on vibrating floors (e.g., near power presses in a stamping plant or near shakeout equipment in a foundry).

Hand and arm vibration, on the other hand, is limited to the hands and arms and usually results from the use of power hand tools (e.g., screwdrivers, nut-runners, grinders, jackhammers, and chippers) and from vehicle controls.

Occupational health effects of vibration result from extended periods of contact between a worker and the vibrating surface. What are the possible health effects of chronic whole-body vibration and hand and arm vibration exposure?

Whole-body Vibration: Back pain

Hand and Arm Vibration: Decreased grip strength, Decreased hand sensation and dexterity. Finger blanching or "white fingers". Carpal tunnel syndrome

Currently, there are no legal standards that limit exposures to vibration. However, there are many ways employers and workers can help to reduce workers' exposure to vibration.

Whole-body vibration levels can often be reduced by using vibration isolation and by installing suspension systems between the operator and the vibrating source.

Hand and arm vibration may be more difficult to control, but the proper selection and maintenance of tools can dramatically decrease vibration exposure. Vibration levels associated with power hand tools depend on tool properties, including size, weight, method of propulsion, handle location, and the tool drive mechanism. Primary prevention through eliminating excessive vibration and shocks can be accomplished through better ergonomic tool designs.

Administrative controls can be very important. In high-risk situations, job rotation, rest periods, and reduction in the intensity and duration of exposure can help reduce the risk of adverse health effects. All workers should be advised of the potential vibration hazard and receive training on the necessity of regular tool maintenance and be taught to grip the tools as lightly as possible within the bounds of safety.

Early prevention through exposure monitoring and through the early reporting of initial signs and symptoms of vibration exposure can dramatically reduce chronic health effects.

Source: Texas Occupational Safety Commission

Job Opportunities with HCCA Member Firms

For the past year the HCCA has maintained a listing of job opportunities and resumes on the web site www.hcca.net. Member firms provide us with information as positions become available for posting. The HCCA does not advocate any of these positions nor any of the resumes that we post. Rather this information is posted (and listed here) as information for the readers and in the hopes that you might be able to assist friends and family who are out of work. Full details for every job are available on the web site.

- **Heavy Truck and Diesel Mechanic, Superior Trucking**, Send resume to marthapauley@superiorpaving.net or complete an application in person at 15717 Lee Highway, Centreville, VA.
- **Scratcher Operator, Pipe Layer, Tri-star Development**, Please call or come by and fill out an application if interested. Tri-star Development, 35 Rock Pointe Lane, Suite 101, Warrenton, VA 20186 (540) 347-2763
- **Heavy Construction Equipment Technicians, Switchgear/UPS Technicians, Generator Technicians, Emergency Response Center Coordinator- Electric Power Generation, Service Advisor- Truck Shop, Project Manager- Engineering, Sales Representative - Heavy Construction Equipment, Alban Cat**, Apply at www.albanhiring.com
- **Warehouse Manager, Retail Sales Representative, McCarthy Tire Service Co., Inc**, Interested applicants could send resume with salary history to sstrickland@mccarthytire.com, send information or apply in person to 9073 Euclid Avenue, Manassas, VA 20110.
- **Service Advisor, Johnson Truck Center**, Forward resume with salary history to jmitchell@johnsontruckcenter.com . No phone calls please.
- **Second Shift Foreman, Johnson Truck Center**, Forward resume with salary history to jmitchell@johnsontruckcenter.com. No phone calls please.
- **Truck Technicians (Experienced), Johnson Truck Center**, Forward resume with salary history to jmitchell@johnsontruckcenter.com. No phone calls please.
- **Outside Sales Representative, Road/Truck Diesel Mechanic, The Rigging Box**, Applicants can fax their resumes to 703-339-0015 or apply in person at 8480 Terminal Road, Lorton, Virginia 22079. They may contact Selina Conrad at 703-339-7575 for any other information.
- **CDL-A Drivers, CDL-B Sweeper Truck Operators, Pavement Marking Technicians, Pavement Marking Crew Members, Certified Flagger, Payne's Parking Designs, Inc.**, Apply by coming to the office or faxing resume to 540-439-6338. Contact: Teresa Jensen, HR Administrator, Payne's Parking Designs, Inc., 5313 Ritchie Road, Bealeton, VA 22712, 540-439-8513, tjensen@payneslinesandsigns.com
- **CDL Drivers, Arthur Construction**, Call Tony Araujo at 703-996-1155 x 101 to apply.
- **Senior Level Mechanic, United Rentals**, Please contact Jared Conca at (703) 368-6065
- **Bilingual Receptionist, Arthur Construction Company**, Please contact Fatima Araujo at 703-996-1155 x107.
- **Truck Driver, American Infrastructure**, Go to American Infrastructure at 44209 Wade Drive in Chantilly call Gary Alviti, Transportation Manager at 571-437-4371.
- **Rental Equipment Sales Representative, H&E Equipment Services**, Fax resume to 540-349-4509 or email to mowens@he-equipment.com We are an Equal Opportunity Employer and encourage women and minorities to apply. AA/EOE
- **Mechanic/Technician, Class A or Class B, Duffield Hauling** – Fredericksburg, Fax Resume to 540-775-5078
- **Equipment Mechanic, Theros Equipment**, Call Joel Theros at 703-969-8465 resume to joeltheros@therosequipment.com.
- **Earthwork Estimator, Goldin and Stafford**, Please fax resume to Goldin and Stafford at (301) 925-9637.

The HCCA also has resumes posted on the HCCA website. Again, this is a tool for individuals seeking employment and a tool for our member firms to use to see if these candidates might fit open positions. So, please check out the resumes on our website.

DMV Introduces Automated Routing Solution (ARS) to Simplify Oversize and Overweight Permitting Process

At the April 7, 2010 meeting of the Fredericksburg Chapter of the HCCA, Mr. Wayne Davis, Permit Manager at DMV, gave an overview of the new ARS application. He offered detailed training sessions in Fredericksburg on April 20 and in Manassas on April 21. In the meantime here is a summary of the ARS program that was provided to us by the DMV.

To better serve you, DMV is planning to implement an Automated Routing Solution (ARS) to more quickly and efficiently approve hauling permits for oversize and overweight vehicles traveling throughout the Commonwealth.

What does this mean for you?

You will have the ability to submit hauling permit applications electronically, self-issue certain types of hauling permits, and receive a majority of hauling permits in one day or less without DMV assistance. The new system will also improve the accuracy of routes and provide more consistent permit language.

The ARS route analysis process will check the continuity of your route, all horizontal and vertical clearances along the route, and all temporary restrictions (construction or otherwise) in effect during the extent of the permit. For overweight vehicles, the ARS will perform an actual live load analysis of every structure your permit vehicle will cross over.

In addition, the ARS will allow hauling permit customers to sign up for electronic funds transfers through the Automated Clearing House (ACH). The ACH provides two payment methods, ACH credit and ACH debit. For more information on ACH debit and credit, visit <http://www.dmv.virginia.gov/webdoc/pdf/dmv225.pdf>.

Will the hauling permits issued through the ARS look different?

You will notice minor changes to the "Route Information" section of the hauling permit, specifically the origin and destination fields. The data listed in these fields will be more general than listed before; however, this is the only change. All other permit data fields are the same.

When will the ARS system be available?

The ARS will be available in Spring 2010. An actual date has not been scheduled due to system testing that is currently underway. More information regarding the ARS implementation will follow.

How will I be able to access the ARS?

Access to the ARS will be available this spring on DMV's Hauling Permit webpage, https://www.dmv.virginia.gov/apps/vahps/vahps_home.aspx. If you are an authorized user or administrator of an active Virginia Automated Hauling Permits System (VAHPS) shipper or permit service company, you will be able to logon using your VAHPS ID, User ID and PIN. If you are not yet a VAHPS registered customer, you may register online for a self-service account.

Who can I contact if I have questions about the upcoming ARS?

You may contact the DMV Hauling Permit Office directly by e-mailing

HCCA Holds an Open House At the New Quarry Road Offices

On Friday, April 16, 2010 the HCCA held an Open House at the new Quarry Road office. A number of members, associates and friends of the Association dropped by to tour the new facility, enjoy a wide assortment of refreshments, and exchange in some good conversation.

We were very pleased that a number of state and local elected officials were also able to drop by and share a bit of their busy schedule with us.



The first person to arrive for the Open House was Hal Parrish, Mayor of the City of Manassas. He said that he was pleased that we had chosen to remain in Manassas, and especially pleased that we had relocated to this end of the city. Mayor Parrish remarked that a number of “white collar business” had recently gravitated to the Liberia Avenue “corridor” and the mix of business offices and light industry was good for all concerned.

We were also very pleased that State Senator George Barker (D-District 39), Delegate Ken Plum (D-District 36, and Delegate Jackson Miller (R-District 50) were able to take time out of their schedules as well to attend our event. As you might well guess from having so many elected officials under our roof at the same time, the talk was predominantly centered around the difficult economy, “shovel ready” initiatives, and other things that the Senators and Representatives were trying to accomplish at both the state and federal levels.



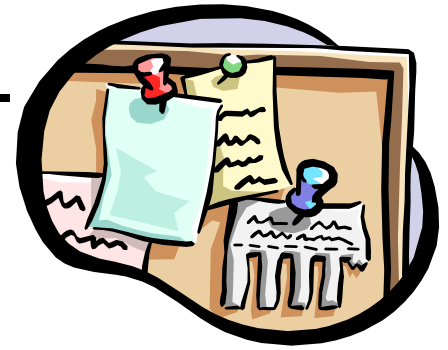
Congressman Rob Wittman (R-1st District) also came to the open House, and we were especially pleased that he was able to stay for some time. He engaged in a good give-and-take with other attendees about current economic conditions and his hopes for improvement.

Congressman Wittman is no stranger to the HCCA, having been our dinner speaker at the Fredericksburg Chapter meeting a few years ago when he was newly elected to his position.

In short, as far as we can tell a “good time was had by all”. We received a steady stream of compliments about our offices, how they are laid out, how they are decorated, etc. Some of the attendees even expressed interest in renting our training rooms and spare office, as the need arises, for “off-site” meetings.

Despite having been hard at it since March 1st, and having had a number of training classes conducted here, we are now officially open for business. We hope that those of you who were unable to join us for the open house will feel free to drop by anytime for a tour.

Association Bulletin Board



Patrice DeHaven with *Carried Away Gifts* donated the perfect gift to kick off the summer season at our open house. The lucky winner of the grilling "basket"...which was actually a grill overflowing with grilling accessories... was Fred Shuster of Alban Tractor. Congratulations Fred!

HCCA Plans to Launch Management Training in September

Your Association is preparing to enter into a joint venture with the Safety Council (Baton Rouge, LA) to offer their Certified Occupational Safety Specialists (COSS) training.

COSS is a comprehensive program designed for people in the safety and health fields that coordinates the successful implementation of corporate safety and health plans, coordinates and maybe even conducts safety and health training, and provides support to safety and training managers.

There is no doubt that in today's diverse workplace the need for qualified people in the field that are trained in the basic essentials of safety and health, leadership, communications, and regulatory requirements is a great asset. The Safety Council's COSS program is a solution to the increasing need for qualified safety professionals.

At the present time we are targeting September 13-17, 2010 for the COSS class, which will be held here in the HCCA office in Manassas.

The 5-day COSS class cost \$1,699 for members and \$2,199 for non-members of the HCCA. Graduating students will also receive OSHA Certification for 10-Hour Construction and General Industry Safety Training included in the per-student price.

Until further information is available, you can get more details about the COSS certification by visiting the Safety Council's web site at: <http://www.safetylca.org>.

Thank You to Payne's Parking

The HCCA wants to give a big Thank You to Payne's Parking Designs for providing us with four safety cones that we can use to "control" traffic at our new offices at 8424 Quarry Road in Manassas.

Your Opinion Matters

We have decided to formally seek your input on a wide variety of issues related to how the Association operates today, and how you think we should operate in the future. At this time we are in the process of developing a comprehensive survey covering every aspect of the association's activities as they interact with the membership. The questions will be direct, and we need your answers to be equally direct so that we can tailor the association to better meet your current and future needs.

In the very near future you will be receiving the survey instrument, which will be sent to you via e-mail and will be an easily completed electronic form. It is absolutely essential that we get feedback from as many of the members as possible. We dare not make plans to take action on too small a sampling of member feedback -- and member feedback is very often hard to come by.

Remember, our Association is "our" Association. Please be open and candid on what you like, dislike, would retain, would want to change among other things.

Legislative News Corner

VDOT's analysis of the state's long term revenue outlook has concluded that the Commonwealth now has sufficient debt capacity to issue up to \$500 million in transportation bonds.

VDOT hopes to sell a bond package totaling \$493 million this May and is optimistic about being able to issue a second \$300 million package in May 2011.

The funding sources needed to pay down this new debt will be a combination of state insurance premium tax revenues and interest earned on the Transportation Trust Fund and Highway Maintenance and Operating Fund dollars.

In 2007, the General Assembly passed House Bill 3202 which authorized the issuance of \$3 billion in bonds in \$300 million increments over a ten-year period. However, the obligation to pay off Federal Highway Reimbursement Anticipation Notes (FRANS) issued in the Gilmore administration, combined with declining transportation revenues, have prevented the sale of these bonds until now. (FRAN notes will not be totally retired until FY 2013). But no new projects are being funded by the issuance of these bonds. The proceeds of the bonds will only pay for projects in the current Six-Year Plan, and must be distributed as follows: 20% for public transit; 4.3% for the Rail Enhancement Fund; and the balance for federal matching funds, revenue sharing and individual projects.

However, the severe shortage of state transportation construction dollars means that proceeds from this initial sale will be limited to transit, rail and federal match, plus a one-time \$15 million infusion to complete revenue sharing project commitments.

Article courtesy of RAMCA—Richmond Area Municipal

Safety News Corner

Roadcheck 2010 Takes Place June 8-10

During a 72-hour period in the second week of June, thousands of inspectors will be examining over 70,000 vehicles.



What they find (or don't find) can affect your CSA 2010 Scores. And remember, even violations not resulting in an out-of-service order will be tabulated into the CSA 2010 Safety Measurement System.

Some facts to consider regarding last year's Roadcheck event:

- A record 72,782 inspections were conducted.
- Of the vehicles inspected, 19.6% were placed out of service for mechanical problems (that's about 14,130 vehicles).

On average, approximately 17 trucks or buses were inspected every minute

Roadcheck 2010 is less than one month away.

Calendar of Events (Dates, Locations, & Times Subject To Change)

May

May 14
Ditch Diggers Open, Shenandoah Golf Club, Front Royal, VA
May 18
Dinner Meeting—Evergreen
May 19
Immigration Seminar, HCCA Office
May 26
Case Studies in Workman's Compensation, HCCA Office
May 26
Pool Hustlers Holiday, Hard Times, Manassas

June

June 9
So You Want to Get Paid?
Lunch-and-Learn Presentation/

June 26
6th Annual HCCA Motorcycle Rally

July

July 17 (Rain Date)
6th Annual HCCA Motorcycle Rally



Collage of Members Logos that is on display in the HCCA Office.



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