

Join California High-Speed Rail for "The State of the Future"

[Article originally appeared in https://hsr.ca.gov]

Beat the heat this weekend, and join the California High-Speed Rail Authority for the grand opening of the first-ever full-scale project exhibit at the California State Fair. The State of the Future will take visitors through the history of the project – from construction into operations of the nation's first 220 mph electrified high-speed train system.

The largest feature will be the mock-ups of our future train interiors, where visitors will get a chance to check out the different seating options, take a selfie in the cocoon seat, and learn more about future operations. The Authority expects to initiate 171 miles of electrified high-speed rail passenger service between Merced and Bakersfield between 2030 and 2033.

For those who want a different look, virtual reality headsets will allow visitors of all ages to experience the Authority's trains and stations and even try their hand as an iron worker on the project.

And we didn't forget about our youngest exhibit visitors – and our future riders – as we'll have a play area so there's something to do for the whole family. Come join us in Building 5, July 12 through 28 to learn more about this transformative project, hear from experts on future job opportunities and join us for discussions on careers in the building trades.

Sacramento Republic FC Fans who purchase a ticket to Saturday's match will also receive free entrance into the fair, thanks to our partner agencies, Caltrans and the California Office of Traffic Safety.

For the latest on high-speed rail construction including the more than 25 active job sites underway in the Central Valley, visit: www.buildhsr.com.

SOURCE: https://hsr.ca.gov/2024/07/12/joincalifornia-high-speed-rail-for-the-state-ofthe-future/



Construction Employment Increases In 35 States Between June 2023 And June 2024, While 29 States Add Jobs From May To Last Month

[Article originally appeared in www.agc.org]

Construction employment increased in 35 states in June from a year earlier, while 29 states added construction jobs between May and June, according to a new analysis of federal employment data released by the Associated General Contractors of America today. Association officials noted that demand for construction and construction workers remains strong in many parts of the country despite slowdowns in certain market segments.

"Construction employment continues to rise in a majority of states despite slowdowns in multifamily and commercial projects," said Ken Simonson, the association's chief economist. "But finding qualified workers to execute huge data center, manufacturing, energy, and infrastructure projects is a challenge in many states." Between June 2023 and June 2024, 35 states added construction jobs, while 14 states and the District of Columbia shed jobs. Construction employment was unchanged in Rhode Island. Texas added the most construction employees (36,100 or 4.4 percent), followed by Florida (29,900 jobs, 4.8 percent), Michigan (14,400 jobs, 7.6 percent), and Nevada (12,800 jobs, 11.5 percent). Alaska had the largest percentage increase over 12 months (19.5 percent, 3,300 jobs), followed by Nevada, Hawaii (10.5 percent, 4,000 jobs), and Michigan.

New York lost the most construction jobs during the past 12 months (-5,400 jobs, -1.4 percent), followed by Colorado (-4,200 jobs, -2.3 percent), Maryland (-4,200 jobs, -2.6 percent), and Oregon (-2,300 jobs, -2.0 percent). The largest percentage loss was in D.C. (-4.7 percent, -700 jobs), followed by Maine (-3.8 percent, -1,300 jobs), Maryland, Colorado, and Oregon.

For the month, industry employment increased in 29 states, declined in 17 states and D.C., and was unchanged in Alaska, New Jersey, New Mexico, and Wyoming. Texas added the most jobs (5,100 or 0.6 percent), followed by Ohio (3,600 jobs, 1.5 percent), Florida (3,400 jobs, 0.5 percent), and Nevada (3,300 jobs, 2.7 percent). Nevada had the largest percentage gain, followed by Ohio and Tennessee (1.3 percent, 2,000 jobs).

New York lost the most construction jobs from May to June (-4,400 or -1.1 percent), followed by Colorado (-1,100 jobs, -0.6 percent), Georgia (-700 jobs, -0.3 percent), Illinois (-600 jobs, -0.3 percent), and Maine (-600 jobs, -1.8 percent). Vermont lost the highest percentage of jobs (-1.9 percent, -300 jobs), followed by Maine, North Dakota (-1.4 percent, -400 jobs), D.C. (-1.4 percent, -200 jobs), and New York.

Association officials urged Congress to explore ways to increase funding for career and

technical education programs – which include construction prep – as they focus on fiscal year 2025 funding levels for the Departments of Education and Labor. They noted that federal officials currently spend significantly more on four-year college programs than they do on preparing workers for careers in fields like construction.

"Instead of continuing to encourage everyone to amass a lot of college debt, Congress has an opportunity to help get many more people into high-paying careers in fields like construction," Jeffrey D. Shoaf, the association's chief executive officer, said. "Boosting funding for programs that expose students to multiple career paths – including construction – will ease labor shortages that are undermining economic growth."

SOURCE: www.agc.org/news/2024/07/19/ construction-employment-increases-35-states-between-june-2023-and-june-2024-while-29-states-add-jobs



CALIFORNIA SUB-BID REQUEST ADS

DESILVA 7 GATES CONSTRUCTION

11555 Dublin Boulevard • P.O. Box 2909 • Dublin, CA 94568-2909 Phone: (925) 829-9220 / Fax: (925) 803-4263 Website: www.desilvagates.com ESTIMATOR: PAUL BRIZUELA An Equal Opportunity/ Affirmative Action Employer

DeSilva Gates Construction (DGC) is preparing a bid as a Prime Contractor for the project listed below: ORO-OUINCY HWY CULVERT AND ROADWAY REHABILITATION PROJECT. County Project No. 27561-5321-16 / 27561-5321-24 Disadvantaged Business Enterprise Goal Assigned is 11% OWNER: COUNTY OF BUTTE – 7 County Center Drive, Oroville, CA BID DATE: JULY 25, 2024 @ 10:00 A.M.

DGC is soliciting quotations from certified Disadvantaged Business Enterprises, for the following types of work and supplies/

materials including but not limited to:

AC Dike, Adjust Iron, Biologist Consultant, Clearing and Grubbing/Demolition, Cold Plane, Emulsion Supplier, Erosion Control, Hydroseeding, Metal Beam Guardrail, Striping, Testing, Traffic Control Systems, Underground, Trucking, Water Trucks, Street Sweeping and Hot Mix Asphalt (Type A) Material

Plans and specifications may be reviewed at our offices located at 11555 Dublin Boulevard, Dublin, CA or 3855 N Freeway Blvd Suite 100, Sacramento, CA 95834, or at your local Builders Exchange, or reviewed and downloaded from the dropbox site at https://www.dropbox.com/sh/5rvdc1bwfbasgl9/AABbrd0ba51_kN3GtAESfBUoa?dl=0 or from the Owner's site at www.dot.ca.gov/hq/esc/oe/weekly_ads/all_adv_projects.php

Fax your bid to (925) 803-4263 or email to <u>dgcestimating@desilvagates.com</u> to the attention of Estimator Paul Brizuela. If you have questions for the Estimator, call at (925) 829-9220. When submitting any public works bid please include your DUNS number and DIR number. For questions regarding registration for DIR use the link at <u>www.dir.ca.gov/Public-Works/</u> <u>PublicWorks.html</u>

If you need DBE support services and assistance in obtaining bonding, lines of credit, insurance, necessary equipment, materi-als and/or supplies or related assistance or services, for this project call the Estimator at (925) 829-9220, or contact your local Small Business Development Center Network (<u>http://californiasbdc.org</u>) or contact the California Southwest Transportation Resource Center (<u>www.transportation.gov/osdbu/SBTRCs</u>). DGC is willing to breakout portions of work to increase the expec-tation of meeting the DBE goal.

At our discretion, 100% Payment and 100% Performance bonds may be required as a subcontract condition This will be a PREVAILING WAGE JOB. DGC is an Equal Opportunity/Affirmative Action Employer.



Gallagher & Burk, Inc. 344 High Street • Oakland, CA 94601 Phone: (510) 261-0466 • FAX (510) 261-0478 Estimator: VICTOR LE • Website: www.gallagherandburk.com

Gallagher & Burk, Inc. (GBI) is preparing a bid as a Prime Contractor for the project listed below: CENTRAL AVENUE SAFETY IMPROVEMENTS PROJECT, P.W. No. 07-24-19 Disadvantaged Business Enterprise Goal Assigned is 23%

OWNER: CITY OF ALAMEDA - 950 W Mall Square, Suite 110, Alameda, CA 94501 BID DATE: AUGUST 8, 2024 @ 2:30 P.M.

GBI is soliciting quotations from certified Disadvantaged Business Enterprises for the following types of work and supplies/materials including but not limited to:

Adjust Iron, Clearing and Grubbing/Demolition, Cold Plane, Crack Sealing, Electrical, Fencing, Landscaping & Irrigation, Minor Concrete, Minor Concrete Structure, PCC Paving, Roadside Signs, Slurry Seal, Stamped/Textured Paving, Striping, Survey/Staking, SWPPP Prep/Water Pollution Control Plan Prepare, Underground, Trucking, Water Trucks, Street Sweeping, Class 2 Aggregate Base Material and Hot Mix Asphalt (Type A) Material

Plans and specifications may be reviewed at our office located at 11555 Dublin Boulevard, Dublin, CA or at your local Builders Exchange, or reviewed and downloaded from the Dropbox site at

https://www.dropbox.com/sh/m5i7d8y5irrma1s/AAAqGa-tcqZV8hFik9fw5Qofa?dl=0

or from the Owner's site at https://www.oaklandca.gov/services/active-closed-opportunties or http://ciplist.com/plans/?Oakland/city/9392

Fax your bid to (510) 261-0478 or email gbiestimating@gallagherburk.com to the attention of Estimator Victor Le. If you have questions for the Estimator, call at (510) 261-0466. When submitting any public works bid please include your DUNS number and DIR number. For questions regarding registration for DIR use the link at www.dir.ca.gov/Public-Works/PublicWorks.html

If you need DBE support services and assistance in obtaining bonding, lines of credit, insurance, necessary equipment, materials and/or supplies or related assistance or services, for this project call the Estimator at (510) 261-0466, or contact your local Small Business Development Center Network (<u>http://californiasbdc.org</u>) or contact the California Southwest Transportation Resource Center (<u>www.transportation.gov/osdbu/SBTRCs</u>) GBI is willing to breakout portions of work to increase the expectation of meeting the DBE goal.

At our discretion, 100% Payment and 100% Performance bonds may be required as a subcontract condition

This will be a Prevailing Wage Job. GBI is an Equal Opportunity/Affirmative Action Employer.



Is requesting quotes from certified and qualified DVBE and Small Business Subcontractors, Suppliers, and Service Providers for the following (but not limited to) work:

SUBS/SERVICE PROVIDERS

SUBS/SERVICE PROVIDERS Air-Blown Mortar, Asphalt Concrete, Concrete Barrier (Permanent), Concrete Pumping, Construction Area Signs, Develop/Test/ Drill/Maintain Wells, Erosion Control, Fencing, Furnish and Drive Piling, Furnish Precast Concrete Member, Highway Planting, Hydroseeding, Irrigation System, Joint Seal – Water Stop, Mobile Barrier System, Metal Beam Guard Railing, Metal Railing, Movable Barrier System, Paving Asphalt, Painted Traffic Striping & Marking, Pavement Marker, Reinforcing Steel, Remove Pavement Marking & Traffic Stripes, Roadside Sign, Saw Cutting, Signal & Lighting, SWPPP, Temporary Erosion Control, Temporary Fencing, Temporary Railing (K), Thermoplastic Traffic Striping & Marking, Traffic Control System, Traffic Flagger, Welding.

SUPPLIERS er. Petroleum/Oil/Lubricants, Pipe, Sand and Gravel, Safety Equipment Asphalt, Concrete and Cement, Drainage Systems, Lumber, Petrole EMERGENCY RELEASE FACILITY LAKE PERRIS STATE WATER FACILITIES CALIFORNIA AQUEDUCT

EAST BRANCH SANTA ANA DIVISION

RIVERSIDE COUNTY, CALIFORNIA

Specification No. 22-09 Contract No. C51632

SMALL BUSINESS GOAL 25%

BID DATE August 7, 2024 at 11:00 a.m.

All Quotes Due Prior

Sukut Construction, LLC 4010 W. Chandler Avenue, Santa Ana, CA 92704 Contact: Nathan Rodriguez

Phone: (714) 540-5351 • Fax: (714) 545-2003 • Email: estimating@sukut.com

Plans/specs are available for viewing at our office by appointment, by Sukut FTP, or from Owner, Subcontractors must be prepared to furnish 100% performance and payment bonds and possess current insurance and workers' comp coverage. Sukut will assist qualified subcontractors in obtaining bonds, insurance, and/or lines of credit. Subcontractors/Vendors will be required to sign Sukut's Standard Subcontract/Purchase Order. Copies are available for examination. Please contact Nathan Rodriguez at Sukut Construction for assistance in responding to this solicitation.

Sukut Construction's listing of a Subcontractor in its bid to the agency is not to be construed as an acceptance of all the Subcontractor's conditions or exceptions included with Subcontractor's price quotes. Quotations must be valid for the same duration as specified by Owner for contract award

Sukut Construction, LLC • An Equal Opportunity Employer



11555 Dublin Boulevard • P.O. Box 2909 • Dublin, CA 94568-2909

Autorin Boulevard + P.O. Box 2909 • Dublin, CA 943 Phone: (925) 829-9220 / Fax: (925) 803-4263 Website: <u>www.desilvagates.com</u> ESTIMATOR: VICTOR LE An Equal Opportunity/ Affirmative Action Employer

DeSilva Gates Construction (DGC) is preparing a bid as a Prime Contractor for the project listed below ROUTE 50, 80, 113 - FOR CONSTRUCTION ON STATE HIGHWAY IN SOLANO AND YOLO COUNTIES AT VARIOUS LOCATIONS. Contract No. 03-3H9014 Disadvantaged Business Enterprise Goal Assigned is 21% OWNER: STATE OF CALIFORNIA DEPARTMENT OF TRANSPORTATION

1727 30th Street, MS 43, Sacramento, CA 95816 BID DATE: JULY 30, 2024 @ 2:00 P.M

DGC is soliciting quotations from certified Disadvantaged Business Enterprises, for the following types of work and supplies/ materials including but not limited to:

AC Dike, Approach Slab Replacement, Biologist Consultant, Bridge, Clearing and Grubbing/Demolition, Cold Plane, Concrete Barrier, Construction Area Sign, Traffic Drum and Delineators, Electrical, Emulsion Supplier, Erosion Control, Fencing, Hazardous Material, Landscaping, Lead Compliance Plan, Metal Beam Guardrail, Minor Concrete, Minor Concrete Structure, Roadside Signs, Rumble Strip, Sign Structure, Stamped/Textured Paving, Striping, SWPPP Prep/Water Pollution Control Plan Prepare, Temporary Erosion Control, Underground, Vegeta-tion Control, Trucking, Water Trucks, Street Sweeping, Class 2 Aggregate Base Material, Hot Mix Asphalt (Type A) Material, Rubberized HMA (Open Grade) Material and Rubberized HMA (Gap Grade) Material

Plans and specifications may be reviewed at our offices located at 11555 Dublin Boulevard, Dublin, CA or 3855 N Freeway Blvd Suite 100, Sacramento, CA 95834, or at your local Builders Exchange, or reviewed and downloaded from the dropbox site at https://www.dropbox.com/sh/5rvdc1bwfbasgl9/AABbrd0ba51_kN3GtAESfBUoa?dl=0 or from the Owner's site at www.dot. ca.gov/hq/esc/oe/weekly_ads/all_adv_projects.php

Fax your bid to (925) 803-4263 or email to <u>dgcestimating@desilvagates.com</u> to the attention of Estimator Victor Le. If you have questions for the Estimator, call at (925) 829-9220. When submitting any public works bid please include your DUNS number and DIR number. For questions regarding registration for DIR use the link at <u>www.dir.ca.gov/Public-Works/PublicWorks.html</u> If you need DBE support services and assistance in obtaining bonding, lines of credit, insurance, necessary equipment, materi-als and/or supplies or related assistance or services, for this project call the Estimator at (925) 829-9220, or contact your local Small Business Development Center Network (<u>http://californiasbdc.org</u>) or contact the California Southwest Transportation Resource Center (<u>www.transportation.gov/osdbu/SBTRCs</u>). DGC is willing to breakout portions of work to increase the expec-tation of meeting the DBE goal.

At our discretion, 100% Payment and 100% Performance bonds may be required as a subcontract condition This will be a PREVAILING WAGE JOB. DGC is an Equal Opportunity/Affirmative Action Employer.

SBE OUTREACH SERVICES

With 1.5 million businesses in our database, SBE is California's #1 source for diversity outreach. Advertisements - Placed in the Small Business Exchange newspaper, SBE Today newsletter, and online at www.sbeinc.com Faxed and Eblast Solicitations - Targeted mailings sent to businesses per your criteria. Telemarketing - Telephone follow-up calls that follow a script of 5 questions you create. Computer Generated Reports - Will fit right into your proposal, along with a list of interested firms to contact.

Contact Info: 1160 Battery Street East, Suites #100, San Francisco, CA 94111 Email: sbe@sbeinc.com · Website: www.sbeinc.com Phone: (415) 778-6250, (800) 800-8534 Fax: (415) 778-6255

Publisher of Small Business Exchange weekly newspaper



CALIFORNIA SUB-BID REQUEST ADS





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CALIFORNIA SUB-BID REQUEST ADS



Mountain Cascade Inc. 555 Exchange Court, Livermore, CA 94550 (925) 373-8370, Fax (925) 373-0940

Project: Mckinley Avenue Pavement Rehabilitation CIP PS 23-18 Federal Aid Project No. STPL – 5456 (022) **Owner: City of Lathrop Department of Public Works** Bid Date: Augu d Date: August 01, 2024 @ 2:00 F Engineers Estimate: \$1,428,500 0 P.M.

DBE Goal: 19%

We are requesting quotes from all qualified DBE Subcontractors and Suppliers but not limited to: AGGREGATES, ASPHALT, AC OILS, ASPHALT GRINDING, CONSTRUCTION AREA SIGNS, ELECTRICAL- STREET LIGHTS/ TRAFFIC SIGNALS, LOOPS, , EROSION CONTROL, STRIPING, SURVEYING, SWPP PLAN ONLY, TRAFFIC CONTROL, TRUCKING

Project Description: The work to be performed under this contract is generally described as, but not necessarily limited to: removal and replacement of 6" of Hot-Mix-Asphalt (HMA) over 13" of Class 2 Aggregate Base (AB) on prepared subgrade, and installation of new signing and striping on McKinley Ave from Louise Ave to Yosemite Ave. Project information, including plans & specifications can be found by contacting:

estimating@mountaincascade.com

Please feel free to contact Mountain Cascade, Inc. at 925.373.8370 with any questions concerning bonding, insurance, lines of credit, and job overview. We look forward to your respons

Mountain Cascade Inc. is an Equal Opportunity Employe California License # 422496

This is Part of a Good Faith Outreach. Your response is greatly appreciated



Project Name: First Aqueduct Treated Water Bifurcation Structures and Hubbard Hill Vents Rehabilitation Located in San Diego, CA

Owner: San Diego County Water Authority Bid Date: August 6, 2024 @ 2:00p.m.

Request for DBE sub-quotes

Kiewit Infrastructure West Co. (Kiewit) is seeking sub-guotes from Small Business from SCOOP Network: Small Disadvan-Klewit Infrastructure West Co. (Klewit) is seeking sub-quotes from Small Business from SCOOP Network; Small Disadvan-taged Business, or a HUB zone business by the U.S. Small Business Administration; or business certified by the U.S. federal government's System of Award Management; or certified as a Disadvantaged Business Enterprise by Caltrans' or by the one of the signatory agencies within the California Unified Certification Program; or Metropolitan Water District of California's Regional/ Small Business Program; or certified by the City of San Diego's Small Local Business Enterprise and Emerging Local Business Enterprise Program; or certified as a Small Business or as a Disabled Veteran Business Enterprise by the California State Department of General Services.

The work generally consists of site preparation, erosion control, structural rehabilitation and improvements to the exterior and interior of bifurcation and vent structures, site grading, paving, fencing, and all other improvements and appurte

Kiewit is requesting quotes for various areas of work listed in, but not limited to, the scopes of work below: Quality control, aggregate, demolition, dewatering, soil stabilization, asphalt supply, fencing and structural concrete.

Firms interested in providing a sub-guote for this project must contact Kiewit and responding firms will be issued an "Invitation to Bid" through Kiewit's electronic use of Building Connected system (at no cost to bidder) with project information and bid instructions. Plans and specifications are also available for review at Kiewit's office.

Responsive bidders must possess a valid California Contractor's license (as appropriate) and provide acceptable insurance. Responsible subcontractors and material contractors may be required to provide bonding for 100% of their contract value. Kiewit will reimburse bond premiums. Kiewit is signatory to collective bargaining agreements with the carpenters, laborers, cement masons, ironworkers, operating engineers, and teamsters. Kiewit will consider quotes from any, and all bidders who demonstrate an ability to foster and maintain labor harmony on the Project.

Kiewit intends to conduct itself in good faith with all project participants on this project. For further information regarding this project, insurance, bonding, related assistance with equipment, supplies, and materials, or the project schedule, please this project, insurance, bonding, related a contact Scott Nelson, our Lead Estimator

Kiewit Infrastructure West Co. 10704 Shoemaker Avenue, Santa Fe Springs, CA 90670 Telephone Number: 562-946-1816 • Fax Number: 562-946-3823 Lead Estimator: Scott Nelson • Email: S.Nelso

Kiewit Infrastructure West Co. is an Equal Opportunity Employer. Employment decisions are made without regard to race, color, religion, national or ethnic origin, sex, sexual orientation, gender identity or expression, age, disability, protected veteran status or other characteristics protected by law."



Steve Bubalo Construction Co. is preparing to bid for the following project as a prime contrac-tor and is interested in receiving subcontractor quotations for items of work or materials re-quired below from qualified and interested Disadvantaged Business Enterprise (DBE).

City of Inglewood Water Main Replacement Phase 5 Project Bid No. CB-24-12 Bid Date: July 24, 2024 @ 11:30 am Lead Estimator: Noel Moore (626) 574-7570 x 1105 Email: <u>nmoore@stevebubalo.com</u>

Steve Bubalo Construction Co. is an equal opportunity employer and a Union s to be performed by subcontractors and are requesting bids for the following: and a Union signatory contractor. We have identified portions of the project

Asphalt Concrete Paving Materials, 1.5" AC Grind & Overlay Paving, Slurry Seal 1 Placement, Pavement Markings and Striping, Traffic Loop Install, Saw Cutting, Furnish Ductile Iron Pipe, fittings and appurtenances, Furnish Sand materials, Trucking, Land Survey. NAICS: 237310, 238910, 561990, 332996, 212321, 484110, 541370

Plans & specifications are available for review Monday through Friday, 9:00 am to 3:30 pm, at no cost at our office located at 128 E. Live Oak Ave., Monrovia, CA 91016, and also through a requestable documents link. Please email: mhernandez@stevebubalo.com

Steve Bubalo Construction Co. is willing to assist DBE subcontractors in obtaining bonds, lines of credit, and/or insurance. Subcontractors must have a valid California Contractor's License and must be registered with the Department of Industrial Relations (DIR). Subcontractors will be required to adhere to Steve Bubalo Construction Co.'s subcontract agreement and meet general insurance requirements. If you are interested in participating in this project, please contact the Lead Estimator above



McCarthy Building Co 515 S. Flower St | Ste. 3600 | Los Angeles, CA 90071 | 213-655-1100 | License #411173

> Subcontractor Solicitation of Interest Kenneth Hahn Hall of Administration – Base Isolation Seismic Retrofit Los Angeles, CA

McCarthy Building Companies, Inc., working as the Construction Manager at Risk in conjunction with the Department of Public Works for Los Angeles County, is soliciting interest from qualified subcontractors to participate in the bidding for award phase of the project.

Project description: The Hall of Administration Base Isolation Seismic retrofit project consists of the installation of seismic isola-tors under the foundation of the existing building. Hydraulic jacks and temporary load-bearing shoring will be installed in phases to support and transfer the gravity loads from the existing columns/walls to new support foundations. Seismic strengthening of the superstructure using new concrete shear walls is required at select interior locations. These interior locations will require demolition and reconstruction. Select restrooms will receive ADA upgrades and elevators are to be modernized. A moat gap will be constructed around the building perimeter using earth-retention walls. Shoring and earthwork operations will require demolition and reconstruc-tion of the existing site around the building. Underground utilities will be modified or replaced. This project will be performed at an active site where the building is occupied during typical work hours. Provisions of various sorts will be accommodated so as not to disrupt the occupants of the building

Project Location: 500 West Temple Street, Los Angeles, CA 90012

Work categories include: Monitoring: Food Service Equipment (modifications): Asphalt Paving (with Striping)

Key Dates: Request for Proposals (RFP) issued to Subcontractors via Building Connected website; Proposals Due to McCarthy Building Companies - 08/01/24.

This project requires:

 Prevailing Wages
Contractor Controlled Insurance Program (CCIP) • A 100% Performance and Payment Bond from an admitted surety upon award of contract for all trades. • Community Workforce Agreement (CWA)

McCarthy is an equal opportunity employer and encourages qualified Small Business and Minority Business participation. All quali-fied applicants will receive consideration for employment without regard to race, religion, sex, or national origin.

McCarthy Building Co, Inc. Lando Madrigal, Sr. Preconstruction Manager E-Mail: Imadrigal@mccarthy.com @mccarthy.con

WE ARE AN FOUAL OPPORTUNITY EMPLOYER

Athletic Trainers Help Workers Get Back to the Jobsite and Stay Healthy After Injury

[Article originally appeared in www.constructionexec.com

There are a number of factors on an active jobsite that can lead to workplace injuries. Heavy machinery, fast-moving equipment, material handling, loud noises and more can create safety hazards and make it easy to lose focus or become distracted. Additionally, the movements workers have to do in their roles-such as lifting or pushing objects or crouching low to the ground for extended periods-can add strain to the body if not done correctly.

The goal is always to minimize the risk of injury, and yet, incidents still occur. According to 2020 Bureau of Labor Statistics data, slips, trips and falls are the most common injuries. accounting for 18% of non-fatal work injuries resulting in days away from work. When workers are injured, it can lead to downtime, lost productivity on the site and workers' compensation claims.

Employers and site leaders can take various approaches to help workers return to the jobsite safely and effectively and keep them healthy once they return. Introducing an onsite clinic and athletic trainers can help prevent injuries, improve worker health, get people back to work effectively and keep them healthy in the long run. Here are three ways athletic trainers help workers get back to the job and improve their overall health.

Injury Prevention

Athletic trainers are a critical asset for worksites looking to reduce injuries and implement prevention strategies that show improvement over time. A huge factor in introducing risk controls on a jobsite is knowing the worker population. Age, physical activity, nutrition, level of experience and conditions like obesity or diabetes can have an impact on injuries.

These health factors can make some workers more prone to severe injury or bruises and cuts. They can also turn a small slip or fall into a more severe surgical case.

Athletic trainers will walk around the jobsite and observe workers as they perform their tasks, allowing them to pick up on population health trends that might require formal, sitewide programs.

Visit the link for the full article: www.constructionexec.com/article/backto-business-how-athletic-trainers-helpworkers-get-back-to-the-jobsite-and-stayhealthy