

ISSUE 1 | 2022

THE BUZZ

The Newsletter of BCH Mechanical & ConServ Building Services



WIC WEEK 2022

GET TO KNOW BCH MECHANICAL'S
WOMEN IN CONSTRUCTION

A WORD FROM OUR CEO
ARE YOU INTERESTED BUT NOT COMMITTED?

SAFETY MATTERS
KEEPING COOL OUT ON THE JOB

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BCH Mechanical, L.L.C. is a mechanical contracting company, established in 1976, specializing in HVAC, plumbing, piping, medical gas, sheet metal, and service.

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ConServ Building Services, LLC, a division of BCH Mechanical, provides commercial HVAC-R services throughout the Southeastern U.S. Expanded services, such as plumbing, electrical, test & balance, and general maintenance, are offered at select locations.

BCH MECHANICAL & CONSERV BUILDING SERVICES

INTERESTED BUT NOT COMMITTED



Are you merely **interested** in achieving a specific goal, like having a special lifelong marriage partner, building a noteworthy business career or nearly anything that you deem life-altering important? Or are you willing to be fully **committed**?

One committed definition: an engagement or obligation that restricts freedom of action. Is it any wonder we do not like to **commit**? When you are interested in doing something, you do it only when it's convenient; but when you are committed to something, you accept no excuses only results.

A commitment is a binding pledge (contract with yourself) that obligates you to assume a position of conducting a course of action. Making a commitment to what you do, whether in your personal life or your professional life—is one of the most fundamental principles of success. Can you have a successful marriage, business, or personal relationships without making long-term commitments?

Commitments are powerful because they influence how you think, how you sound and how you act. It evokes a keen sense of intentionality and focus. Have you ever wondered why you put every ounce of energy into a specific goal while others barely get your attention?

Commitment is also a personal thing—an indicator of your self-discipline, resilience, and persistence. People who value commitment are highly skilled in managing relationships, especially interpersonal effectiveness, conflict management, building bonds, building trusts, teamwork, and collaboration. To make a commitment therefore involves seriousness of disposition, sincerity of decisions and steadfastness towards its completion. Good commitment also begins with oneself. Committed people have a good self-concept, strong self-esteem, and a balance of what they want with what they are capable of.

Commitments shape and define who we are, and we literally become what we are committed to do. I have defined myself over the years as a husband, father, coach, basketball player, marathon runner, road biker, salesperson, business leader and several others at distinct stages of my life. I have made significant commitments in each of these areas of my life, some of these “defined identities” have taken years to achieve. Some began as interests but took root as something I was willing to commit to strongly.

True commitment compels us to get out of our comfort zones. We can commit ourselves to change who we are and will ourselves to who we want to become with channeled energy and commitments. Most people are not willing to make sacrifices today, for the “possibility” of grand success in a chosen path in the future. When things get tough is when the real test is upon us. It is up to us to decide what is truly worth committing to.

What are you willing to commit to? If there is not a tangible focus or direction today, just have keen awareness when the opportunity presents itself, you will be ready. Then be ready to commit with every fiber of your being.

- Daryl Blume, CEO

PROJECT SPOTLIGHT

SOUTH FLORIDA BAPTIST REPLACEMENT HOSPITAL

BCH Mechanical has been awarded the HVAC and plumbing scopes for the South Florida Baptist Replacement Hospital project located in Plant City, FL. We are excited to work alongside Barton Malow on this amazing project!

The new location is located off Exit 22 of I-4, east of the intersection of E. Sam Allen Road and N. Park Road. This is a highly visible location in a high growth area, less than four miles from South Florida Baptist Hospital's current North Alexander Street location.



The new 420,000 square foot hospital will be two six-story towers and include 146 Inpatient/Observation private hospital rooms, with the ability to expand to 176 rooms in the future. It also includes 26 ICU Beds, a 30-bed emergency department, 4 Interventional/Cardiac Catheterization suites, an 8-bed surgery center, a Labor & Delivery and C-section room, and a 15-bed Mother & Baby Unit. Nearly 800 team members and more than 250 physicians will work at the new facility. The 85,000 square foot medical office building will include three floors and consist of physician offices, administrative offices, an infusion center and outpatient services for laboratory, imaging, adult rehabilitation, wound and hyperbaric center.

This project has over 540,000 CFM of supply airflow served from thirty-eight chilled water air handling units. Approximately 800,000 pounds of sheet metal and 50,000 linear feet of HVAC piping (chilled water, heating hot water, steam, and process chilled water) will be installed. Precision supply/return/exhaust air valves with tracking capabilities serve critical spaces to ensure airflows and room pressure relationships are maintained in C-Section, Operating, Isolation and Pandemic rooms. Multiple pandemic systems serving a variety of areas in the hospital provide 100% fresh ventilation air to the space(s) while exhausting 100% of the air. Dual-fuel horizontal steam flex-tube boilers (9,000 MBTUH) provide 60 PSI of steam to provide steam to Central Sterile equipment. Smart Room Integration of 148 rooms will be integrated into the building automation system and allow control of the room window shades. BCH will be furnishing and installing the plumbing and medical gas systems.

Construction is underway for the new hospital building, which is expected to be complete in early 2024.

CHECKING IN...ON OUR NEAR MISS PROGRAM!

The Near Miss Hotline is up and running with great success! This is due to all of the help and support of our employees, making the job sites safer for them and their teammates. Here are just a few examples:

UNSAFE LADDER FOR ROOF ACCESS



UNSAFE DISCONNECT THAT HAS BEEN BYPASSED



Our goal is to have 500 reported near misses this year. We are up to 65 reported so far, so please keep up the good work on getting them reported. Always remember the importance of reporting a near miss:

- ⚠ A near miss is a warning that a hazard exists.
- ⚠ A near miss one time could be an injury incident the next time.
- ⚠ Reports of near misses can lead to improved work methods and safety procedures.



SAFETY MATTERS!



BEAT THE HEAT: KEEPING COOL OUT ON THE JOB

Technically, the first day of summer doesn't arrive for another few months, but parts of the country have already seen record or near-record highs this month. The folks over at the National Oceanic and Atmospheric Administration (NOAA) are predicting a hotter than normal summer for the Southeast United States. The dog days of summer will soon be upon us and the higher temperatures bring with it the danger of suffering heat-related illnesses out on jobsites. Construction and service workers are at high risk for heat-related illnesses due to the strenuous nature of their jobs and prolonged exposure to the heat and humidity brought on during the summer months.

HYDRATE, HYDRATE, HYDRATE

You should be drinking water or other fluids every 15 – 20 minutes. Cool water should be your main source of hydration. Sports drinks (i.e. Gatorade, Powerade, etc.) and coconut water are also good for restoring electrolytes. Fresh fruits and juices are also a good option. Beverages to avoid include coffee, sodas, and alcohol which contain diuretics and will cause you to become dehydrated. Some of the symptoms of dehydration include increased thirst, dry mouth, and swollen tongue, inability to sweat, weakness, dizziness, and decreased urine output. If you experience any of these symptoms you should immediately take a break and rehydrate. The most important thing is to stay 'ahead of the curve' when it comes to staying hydrated. Don't make the mistake of waiting until you start to feel sick, rather be proactive and start hydrating before getting to the jobsite and then throughout the day.

MADE IN THE SHADE

Taking frequent breaks in the shade is an important step to avoid heat-related illnesses. Whenever you are feeling overheated or presenting symptoms of heat stress you should take at least a 5-minute break in a shaded area. This is also a great time to rehydrate if you haven't already done so.

LATHER ON THE SUNSCREEN

Whenever you are working outdoors you should be using sunscreen. Even on cloudy and overcast days, ultraviolet (UV) rays can reach you and cause sunburn. When working outside you should reapply often with a broad-spectrum sunscreen that contains zinc oxide, titanium dioxide, and/or avobenzone. Try to find a sunscreen that is either sweat-proof or waterproof to help ensure that you don't sweat it all off in the first few minutes of work.

KEEP COOL

Helping your body maintain a stable internal temperature is vital in avoiding heat-related illness. Once the air temperature gets near or above normal body temperature, the blood circulated to your skin can't lose heat. This causes you to sweat, but that's not enough to cool your body if the humidity won't allow the sweat to evaporate. To cool your body temperature down, try getting inside an air-conditioned space like a vehicle or jobsite trailer. You can also apply a cool, wet cloth to pulse points on your body such as the neck, wrists, and elbows.

KNOW THE SIGNS

Heat stress, heat rash, heat cramps, heat exhaustion, and heatstroke are all heat-related illnesses that can occur out at a jobsite. Symptoms can arise quickly so it's also important that our workers understand the need to monitor themselves and their coworkers, and to notify a supervisor and take the appropriate steps if they feel they or a coworker is becoming ill.

Thousands of workers every year are affected by heat-related illnesses every year. Heatstroke can cause major damage to your organs including your heart, liver, and kidney. It can also cause damage to muscles, blood disorders, and death. Heat exhaustion can cause workers to be less alert which can result in other injuries. By taking precautions, most heat-related illnesses can be prevented or caught in enough time to treat and avoid serious injury or death.

-Rick Hauf, Director of Safety

Women IN CONSTRUCTION

We celebrated Women in Construction Week in March! This is a phenomenal reminder of all the vital impacts that women are having throughout the construction industry. To all women in our industry, our partners and employees —THANK YOU! We look forward to your continued advancement and are committed to doing our part to support you, always.



BROOKE PAPA, Mechanical Engineer

WHAT IS YOUR CURRENT JOB AND HOW LONG HAVE YOU WORKED IN THE CONSTRUCTION INDUSTRY?

- I work in our Estimating Department, bidding renovations and new construction, and am learning Project Management. I joined the construction industry in December of 2021.

WHAT ATTRACTED YOU TO THE CONSTRUCTION INDUSTRY?

- Calculus and physics classes first interested me in the engineering field and then I fell in love with developing design solutions!

WHAT'S A PERK ABOUT WORKING IN THE CONSTRUCTION INDUSTRY THAT PEOPLE MIGHT NOT KNOW ABOUT?

- Although construction is a male-dominated field, I have been welcomed and treated as a valued member of the team.



RUBY KING, Production Assistant

WHAT IS YOUR CURRENT JOB AND HOW LONG HAVE YOU WORKED IN THE CONSTRUCTION INDUSTRY?

- My current role is a Production Assistant. I have worked in construction for 16 years - Engineering firm for 11 years, General Contractor and Subcontractor for 5 years.

WHAT IS YOUR FAVORITE PART ABOUT WORKING IN THE INDUSTRY?

- I enjoy the wide variety of tasks my position is responsible for. I also have a great team and enjoy all my co-workers.

WHAT MAKES YOU PROUD OF THE WORK YOU DO?

- I instinctively have personal pride in any work I do. The loyalty I have to my company inspires a feeling of pride when we succeed as a team. Driving past the construction of a project I work on brings me pride knowing that I have a hand in keeping things moving forward!



VICTORIA COOK, Project Engineer

WHAT IS YOUR CURRENT JOB AND HOW LONG HAVE YOU WORKED IN THE CONSTRUCTION INDUSTRY?

- My current job is a Project Engineer at JW Marriott on Clearwater Beach, and I've been in construction for 6 years!

HOW DO YOU THINK CONSTRUCTION CAN ATTRACT MORE FEMALE CANDIDATES?

- I see more and more women in construction each year. I feel that the more opportunities that are offered, the more we will see female candidates in construction.

WHAT'S A PERK ABOUT WORKING IN THE CONSTRUCTION INDUSTRY THAT PEOPLE MIGHT NOT KNOW ABOUT?

- The biggest perk, for me, about working in construction is the incredible learning opportunities I have each day.



JEANINE OSMAN, Production Assistant

WHAT IS YOUR CURRENT JOB AND HOW LONG HAVE YOU WORKED IN THE CONSTRUCTION INDUSTRY?

- My current job is a Production Assistant, and I have been in the construction industry for 9 years.

WHAT ADVICE WOULD YOU GIVE TO A YOUNG WOMAN ENTERING THE INDUSTRY NOW?

- Utilize all tools available to you, whether it be listening to conversations, asking questions, attending seminars, and making sure that you network.

WHAT DO YOU THINK IS THE MOST IMPORTANT CHANGE HAPPENING IN THE CONSTRUCTION INDUSTRY?

- I think that the movement to Revit and 3D Modeling is a huge change in the industry.



J.J. THE "BEE" AWARD



BCH MECHANICAL'S EMPLOYEE RECOGNITION PROGRAM

January Winner



Larry Hollis

February Winners



Ernesto Gonzalez



AJ Whittaker

March Winner



Tammy Throgmorton



ROWER OF THE MONTH



CONSERV BUILDING SERVICES EMPLOYEE RECOGNITION PROGRAM

January Rowers

Charlotte: Richard Dick
Raleigh: Lewis Alston
Atlanta: Stephen Beard
Tennessee: Derek Dudley
Alabama: Kristee Whorton
Orlando: Juan Torres
Sunrise: Frank Heuser
Largo: Brian Wilcher
Largo Trades: Kyle Green

February Rowers

Charlotte: Heather Privette
Raleigh: Dylan Trott
Atlanta: Kevin Green
Tennessee: Johnny Napolitano
Alabama: Nick Pavino
Orlando: Jonathan Miliano
Sunrise: Frank Heuser
Largo: Jay Stolebarger
Largo Trades: James Homan

March Rowers

Charlotte: Leonard McLeod
Raleigh: Frank Dietsch
Atlanta: Stephen Beard
Tennessee: Tim Murphy
Alabama: Tony Lambert
Orlando: Freddie Ramos
Sunrise: Arial Landrau
Largo: Jerome Willie Davis
Largo Trades: Bill Cahill

What's new at BCH Mechanical and ConServ Building Services?



ABC NEXGEN Class completed their 2022 Serve Day on March 9th at Children's Home Network in Tampa. The group spent hours cleaning up an overgrown ditch, replacing decking, painting, and landscaping, among other tasks! BCH Mechanical is a proud Sponsor of the NEXGEN Leadership program. Special Shoutout to our very own Assistant Project Manager, Andrew McAuliffe, who is a member of the Class of 2022 (pictured above)!



BCH Mechanical hosted a Safety Stand Down at the Moffitt Expansion Hospital in Tampa. A Safety Stand Down is an opportunity to talk directly to employees about the many facets of safety - job hazards they face, protective methods, and the company's safety policies and goals. Staying committed and involved keeps our workplace and worksites actively working to achieve a harm-free environment.

When the Florida weather cools down, you can find us at Tampa Bay Sporting Clays! Our preconstruction team enjoyed some time shooting these past few months. The team, pictured on the top right, enjoyed the Slade Ross Clay Shoot on February 4th, and the team on the bottom right had a blast at the ACE Mentorship Clay Shoot on March 11th.



Our Sales & Estimating team enjoyed a little team bonding time in February. We had some competitive fun at the Hatchet Hangout - Axe Throwing in St Pete!



Some of our ABC Young Professional members enjoyed a sunset happy hour on the Invasion Boat Ride in February!



Our Largo team went GREEN in celebration of St. Patrick's Day!



JE Dunn Construction & BCH Mechanical attended the 6th Annual Sporting Clays for Kids Tournament, benefitting Ronald McDonald House Charities of Tampa Bay. They raised over \$135,000, which covers over 1,350 family nights and makes a huge difference in helping us provide the comfort and care that Ronald McDonald House provides.

Employee Appreciation Day

A big thank you to our entire team! We celebrated National Employee Appreciation Day on March 4th. Each year, our BCH & ConServ family continues to grow and prosper – all thanks to our remarkable team's dedication and hard work. We are grateful for the people who make us laugh, the people who make work fun, and the people we can count on to get the job done!



HVAC - SHEET METAL - PLUMBING - MED GAS - SERVICE - LEED - DESIGN/BUILD

