



May 2019



Raven Melrose
Project Administrator

Employee Highlight—Raven Melrose

The month of May we are highlighting one of our Project Administrators, **Raven Melrose**. Raven is a native of New Orleans. She attended New Orleans Charter Science and Mathematics High School. After graduation, Raven began her college career at the University of Southern Mississippi where she received her B.A. in Public Relations with a minor in Dance in 2015.

Raven is full of life and only brings positive vibes to everyone she meets. Raven was initially employed as our corporate receptionist/ office administrator. After a year of hard work, learning, and always striving to do more, Raven was willing to take on more challenging roles. In July of 2016 Raven was promoted to be our Office Manager in our Cocoa, FL office. Since moving to Florida, Raven has continued to flourish in her career with PPLLC and in 2018 she was promoted again to her current roll as a Project Administrator.

As being one of the liveliest and social employees, it is unclear if there is anything we don't already know about Raven. One thing is for sure, you will definitely get a few laughs. So as in the past few issues of Lakeside, Raven has chosen to answer a few questions for us to see how much more there is to know about her. Let's see if you will find out anything surprising.

Employed Since:
2015

Birth Place
New Orleans

High School Attended
New Orleans Charter Science and Mathematics High School.

Motto or Personal Mantra
"Teamwork makes the dream work, baby!"

What do you do in your spare time?
Lately, I've been blasting Beyonce's Homecoming movie on Netflix while singing and dancing with my dog.

Before working at PPLLC what was the most unusual or interesting job that you had?

Before working at PPLLC I was a hostess at TGIF. One of my duties was having to clean the restrooms...PPLLC family, I am so humbled.

What is your proudest moment at PPLLC? One of my proudest moments would be my first day. It was so different from any job I had ever worked before. It was very challenging but I really enjoyed my job. I could not stop smiling all day.

How did you learn about PPLLC? A close friend, who was also employed by PPLLC, told me that the office was in search of a receptionist. I went in for an interview and I have been a part of PPLLC every since. "Hey family."

What kind of hobbies do you have outside of work? Strangely enough, I enjoy sewing.

You are happiest when? When I am eating french fries or dancing.

What is the weirdest thing you have ever eaten? Raccoon... That was a one-time thing, I promise. Plus, I was a little girl.

What celebrity do you think you look like? Tyra Banks or the singer, Dondria.

What was your favorite book, toy, or outfit as a child? My favorite toy as a child was a one-eyed baby doll I found at a garage sale.

Where would you go for a dream vacation? India. I would like to ride elephants and participate in yoga and meditation activities.

I must say....when reading Raven's responses I think, "That's so Raven." Thanks Raven for always making us smile!



WELCOME NEW HIRES

- 04/01** Terrence Honore _ Superintendent
Wayne Vicks _ General Labor
- 04/02** Devin Howard _ General Labor
- 04/03** Doug Bryan _ Sr. Project Manager
Darby Loggins _ Tractor Operator
- 04/04** Joseph Canada _ Finish Grade Operator
Tayla Jones _ Accounting Intern
- 04/12** Frederick Navailhon _ Boiler Room Oper.
- 04/15** Russell "Rusty" Austin _ QC Inspector
Davon Stegall _ Tractor Helper
- 04/17** Darren Howard _ General Labor
- 04/22** Joseph Hicks _ Carpenter
Roger "Dale" Cockerham _ Carpenter
Ricky Lerille _ SSHO
Keith McMillion _ Operator (Bull Dozer)
Luis Cano _ Superintendent
- 04/29** Stewart Buck _ Superintendent



Thank you all for your service and dedication. PPLLC appreciates

- 1 Year**
05/15 Kevonshae Walter
- 2 Years**
05/08 Daryl Devillier
- 4 Years**
4/27 Robert Miller
- 5 Years**
05/12 Malissa Gioia
Don Tutor
- 6 Years**
5/20 Julius Blanks
- 7 Years**
5/29 Pauline Pellissier
- 18 Years**
5/29 Veronica Washington
- 33 Years**
5/04 Reginald Robichaux



- 05/02** Joshua Green
- 05/07** Anthony Preston
- 05/15** Michael Borzilleri
- 05/16** Abby Cruz
John Fazzio
- 05/18** Kent Gravois
- 05/19** Danny Blanks
Robert Blevins
- 05/21** Richard Martindale
- 05/23** Sergio Tapia
- 05/30** Ruben Followell



It's a Prince!

CONGRATULATIONS
TO PARTNER
JAMES R. WASHINGTON III
AND HIS
WIFE YASMIN

On April 5th at 2:05 am, James R. Washington III and wife Yasmin, welcomed a healthy baby boy, **James Roy Washington IV**. Lovingly known as "JAY4," he weighed in at 8lbs. 4oz and 21 inches long. Everyone at PPLC is excited about the Washington's new edition and we look forward to watching JAY4 grow.



★ Twinkle ★
★ Twinkle ★
★ Little Star ★
Do you know how ★
★ LOVED ★
★ you are ★ ★



HUMAN
RESOURCES
HUMAN RESOURCES

Mary LeBlanc
Director of Human Resources
mary.leblanc@pontchpartners.com



Sunday, May 5th
Happy Cinco de Mayo!!!



Sunday, May 12th



Wishing all of the mother's of PPLLC a very Happy Mother's Day. May your day be as amazing as you are.

In observance of Memorial Day our
corporate offices will be closed
Monday, May 27th.

We hope you will enjoy the holiday with your family and
friends.





Brooke Woods

Director of Business Development

mary.leblanc@pontchpartners.com

RECENTLY AWARDED PROJECTS



**US Army Corps
of Engineers®**

Contract No. W912HY-19-C-0005
Contract Name: Scour Hole Repairs at
Colorado River Locks, Matagorda, TX
and Brazos River Flood Gates, Free-
port, TX
Award Date: 3/21/19
Agency: USACE Galveston District
Set-Aside: Total Small
POP: 120 Days from NTP



U.S. AIR FORCE

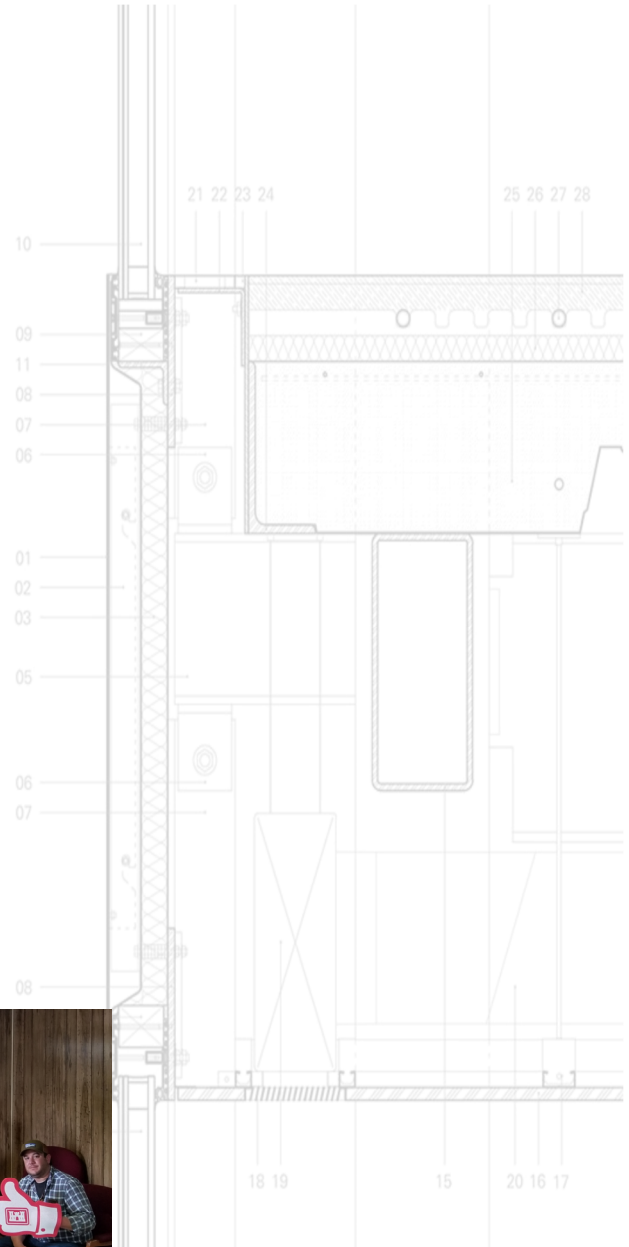
Contract No. FA2521-18-F-A119
Contract Name: Repair Exterior
Building 423
Award Date: April 12, 2019
Agency: Patrick AFB
Set-Aside: 8(a) sole source
POP: 100 days ANTP



**US Army Corps
of Engineers®**



Partner, Bart Cook and Sr. Project Manager, Doug Bryan met with the Corps of Engineers Memphis District for the pre-construction conference and to sign the NTP for one our most recently awarded contracts, Contract No. W912EQ-19-C-0003 Miston/Ridgely Levee Restoration and Berm Construction. As you can see Bart is very excited to get this job started!



NOLA HAPPENINGS



Thursday, May 2nd—Sunday, May 5th
It's Round 2

In April of 1970, Mahalia Jackson, often called the greatest gospel singer, returned to her hometown to appear at the first New Orleans Jazz & Heritage Festival. While attending the Louisiana Heritage Fair in Congo Square (then known as Beauregard Square), she and Duke Ellington, who also appeared at the event, came upon the Eureka Brass Band leading a crowd of second-line revelers through the Festival grounds. George Wein, producer of the Festival, handed Ms. Jackson a microphone, she sang along with the band and joined the parade... and the spirit of Jazz Fest was born.

For ticket and concert info go to; <https://www.nojazzfest.com>

EXPERIENCE SOMETHING NEW THIS SPRING **MAY 18TH**

THE SOUL OF NEW ORLEANS WILL BE DISPLAY BY TWO OF THE CRESCENT CITY'S FAVORITE THINGS. MUSIC & ART!!! OUR FESTIVAL WILL SHOWCASE MANY OF THE CITY'S MUSICIANS AND LOCAL ARTISTS, AS WELL AS NATIONAL ARTISTS. SPEND THE DAY WITH US AS SHOP, DANCE and ENJOY THE VIBES IN LOUIS ARMSTRONG!! GET YOUR TICKETS NOW AND TELL YOUR FRIENDS!!

OFFICIAL MUSIC LINE-UP

Jack Freeman - Flow Tribe - Tomar & the FCs - Water Seed - DJ Raj Smoove - Nayo Jones - CASME - Robin Barnes - K.O.B. Brass Band ft Black Flame Hunters The Caesar Brother's Funk Box ft. Big Chief Juan Padro - DJ Kelly Green - Andre Lovett Band - Smoke N' Bones - DJ Captain Charles - DJ Brice Nice - DJ T-Roy - DJ Yamin and MANY MORE!!

For tickets go to; www.eventbrite.com



New Orleans Greek Festival 2019

Come out Thursday, **May 23, from 5 to 9pm**, and get Greeky before anyone else! Last year's decision to open our gates a day earlier was a huge hit, so we are bringing it back this year! **Our Thursday evening limited menu items served in to-go boxes to include Traditional Greek Dinners, Lamb Plate, Greek Salad, Greek Pastries (pre-packaged Baklava or Assorted only), Wine, Beer, and Soft Drinks. The Greek Grocery, with imported cheeses, Kalamata olives, and other delicacies and home items, will also be open.**

For credits and more information go to; www.greekfestnola.com



NOLA HAPPENINGS



The Bayou Boogaloo was started in 2006 as a way to reinvigorate the people of post-Katrina New Orleans and to provide inspiration for rebuilding within Mid-City. Friends of Bayou St John established the festival with a mission to restore the social fabric of Mid-City and Faubourg St. John; to connect neighbors, neighborhoods, and businesses; and to provide hope for the future by creating an opportunity for all residents to celebrate the heritage, culture, and diversity of New Orleans.

Credit/more information go to; thebayouboogaloo.com



MEMORIAL DAY WEEKEND
MAY 25TH & 26TH 2019
"UnderThe Bridge"

Long known as bedrocks of indigenous art, culture, and history, the Tremé and 7th Ward neighborhoods will be celebrated for their immeasurable contributions—to the City of New Orleans, the United States, and the world—at the 4th Annual **Tremé/7th Ward Arts & Culture Festival** this Memorial Day Weekend, **May 24 – 26, 2019.**

For credits and more information go to; www.neworleans.com/event/tremé-7th-ward-arts-and-culture-festival



SAFETY MATTERS

Brian Callaway

HS&E Director

brian.callaway@pontchpartners.com

Heat Stress Guide

NOTE:

The Occupational Safety and Health Act (OSH Act) requires employers to comply with hazard-specific safety and health standards. In addition, pursuant to Section 5(a)(1) of the OSH Act, employers must provide their employees with a workplace free from recognized hazards likely to cause death or serious physical harm. Emergency Preparedness Guides do not and cannot enlarge or diminish an employer's obligations under the OSH Act.

Emergency Preparedness Guides are based on presently available information, as well as current occupational safety and health provisions and standards. The procedures and practices discussed in Emergency Preparedness Guides may need to be modified when additional, relevant information becomes available or when OSH Act standards are promulgated or modified.

During emergency response activities or recovery operations, workers may be required to work in hot environments, and sometimes for extended periods. Heat stress is a common problem encountered in these types of situations. The following frequently asked questions will help workers understand what heat stress is, how it may affect their health and safety, and how it can be prevented.

Where might I be exposed to heat stress?

Any process or job site that is likely to raise the workers deep core temperature (often listed as higher than 100.4 degrees F (38°C)) raises the risk of heat stress. Operations involving high air temperatures, radiant heat sources, high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for inducing heat stress in employees. Indoor operations such as foundries, brick-firing and ceramic plants, glass products facilities, rubber products factories, electrical utilities (particularly boiler rooms), bakeries, confectioneries, commercial kitchens, laundries, food canneries, chemical plants, mining sites, smelters, and steam tunnels are examples of industrial locations where problems can occur. Outdoor operations conducted in hot weather, such as construction, refining, asbestos removal, hazardous waste site activities, and emergency response operations, especially those that require workers to wear semi-permeable or impermeable protective clothing, are also likely to cause heat stress among exposed workers.

Are there additional causal factors for heat stress?

Age, weight, degree of physical fitness, degree of acclimatization, metabolism, dehydration, use of alcohol or drugs, and a variety of medical conditions such as hypertension all affect a person's sensitivity to heat. However, even the type of clothing worn must be considered. Prior heat injury predisposes an individual to additional injury. Individual susceptibility varies. In addition, environmental factors include more than the ambient air temperature. Radiant heat, air movement, conduction, and relative humidity all affect an individual's response to heat.

What kind of heat disorders and health effects are possible and how should they be treated?

Heat Stroke is the most serious heat related disorder and occurs when the body's temperature regulation fails and body temperature rises to critical levels. The condition is caused by a combination of highly variable factors, and its occurrence is difficult to predict. Heat stroke is a medical emergency that may result in death. The primary signs and symptoms of heat stroke are confusion; irrational behavior; loss of consciousness; convulsions; a lack of sweating (usually); hot, dry skin; and an abnormally high body temperature, e.g., a rectal temperature of 41°C (105.8°F). The elevated metabolic temperatures caused by a combination of work load and environmental heat, both of which contribute to heat stroke, are also highly variable and difficult to predict.



SAFETY MATTERS

Brian Callaway

HS&E Director

brian.callaway@pontchpartners.com

Heat Stroke (cont'd)

If a worker shows signs of possible heat stroke, professional medical treatment should be obtained immediately. The worker should be placed in a shady, cool area and the outer clothing should be removed. The worker's skin should be wetted and air movement around the worker should be increased to improve evaporative cooling until professional methods of cooling are initiated and the seriousness of the condition can be assessed. Fluids should be replaced as soon as possible. The medical outcome of an episode of heat stroke depends on the victim's physical fitness and the timing and effectiveness of first aid treatment.

Regardless of the worker's protests, no employee suspected of being ill from heat stroke should be sent home or left unattended unless a physician has specifically approved such an order.

Heat Exhaustion signs and symptoms are headache, nausea, vertigo, weakness, thirst, and giddiness. Fortunately, this condition responds readily to prompt treatment. Heat exhaustion should not be dismissed lightly. Fainting or heat collapse which is often associated with heat exhaustion. In heat collapse, the brain does not receive enough oxygen because blood pools in the extremities. As a result, the exposed individual may lose consciousness. This reaction is similar to that of heat exhaustion and does not affect the body's heat balance. However, the onset of heat collapse is rapid and unpredictable and can be dangerous especially if workers are operating machinery or controlling an operation that should not be left unattended; moreover, the victim may be injured when he or she faints. Also, the signs and symptoms seen in heat exhaustion are similar to those of heat stroke, a medical emergency. Workers suffering from heat exhaustion should be removed from the hot environment and given fluid replacement. They should also be encouraged to get adequate rest and when possible ice packs should be applied.

Heat Cramps are usually caused by performing hard physical labor in a hot environment. These cramps have been attributed to an electrolyte imbalance caused by sweating. Cramps appear to be caused by the lack of water replenishment. Because sweat is a hypotonic solution ($\pm 0.3\%$ NaCl), excess salt can build up in the body if the water lost through sweating is not replaced. Thirst cannot be relied on as a guide to the need for water; instead, water must be taken every 15 to 20 minutes in hot environments. Under extreme conditions, such as working for 6 to 8 hours in heavy protective gear, a loss of sodium may occur. Recent studies have shown that drinking commercially available carbohydrate-electrolyte replacement liquids is effective in minimizing physiological disturbances during recovery.

Heat Rashes are the most common problem in hot work environments where the skin is persistently wetted by unevaporated sweat. Prickly heat is manifested as red papules and usually appears in areas where the clothing is restrictive. As sweating increases, these papules give rise to a prickling sensation. Heat rash papules may become infected if they are not treated. In most cases, heat rashes will disappear when the affected individual returns to a cool environment.

Heat Fatigue is often caused by a lack of acclimatization. A program of acclimatization and training for work in hot environments is advisable. The signs and symptoms of heat fatigue include impaired performance of skilled manual, mental, or vigilance jobs. There is no treatment for heat fatigue except to remove the heat stress before a more serious heat-related condition develops.

What kind of engineering controls can be utilized?

General ventilation dilutes hot air with cooler air (ideally, bringing in cooler outside air) and in is the most cost effective). A permanently installed ventilation system usually can handle large areas or entire buildings. Portable or local exhaust systems may be more effective or practical in smaller areas.

Air treatment/air cooling differs from ventilation because it reduces the temperature of the air by removing the heat (and sometimes humidity) from the air. **Air conditioning** is a method of air cooling which uses a compressed refrigerant under pressure to remove the heat from the air. This method is expensive to install and operate. An alternative to air conditioning is the use of chillers to circulate unpressurized cool water through heat exchangers over which air from the ventilation system is then passed. Chillers are more efficient in cooler climates or in dry climates where evaporative cooling can be used. **Local air cooling** can be effective in reducing air temperature in specific areas. Two methods have been used successfully in industrial settings. One type, cool rooms, can be used to enclose a specific workplace or to offer a recovery area near hot jobs. The second type is a portable blower with built-in air chiller. The main advantage of a blower, aside from portability, is minimal set-up time.

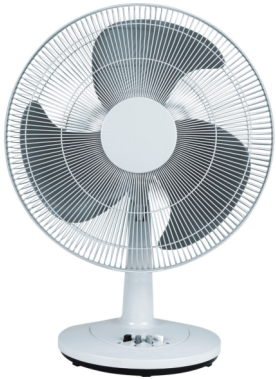


SAFETY MATTERS

Brian Callaway

HS&E Director

brian.callaway@pontchpartners.com



Another way to reduce heat stress is to cool the employee by increasing the air flow or convection using fans, etc. in the work area. This is generally only effective as long as the air temperature is less than the worker's skin temperature (usually less than 95 degrees F dry bulb). Changes in air speed can help workers stay cooler by increasing both the convective heat exchange (the exchange between the skin surface and the surrounding air) and the rate of evaporation. This does not actually cool the air so moving air must impact the worker directly to be effective.

Heat conduction blocking methods include insulating the hot surface that generates the heat and changing the surface itself. Simple devices such as shields, can be used to reduce radiant heat, i.e. heat coming from hot surfaces within the worker's line of sight. Polished surfaces make the best barriers, although special glass or metal mesh surfaces can be used if visibility is a problem. With some sources of radiation, such as heating pipes, it is possible to use both insulation and surface modifications to achieve a substantial reduction in radiant heat.

What administrative or work practice controls may be used?

Acclimatize workers by exposing them to work in a hot environment for progressively longer periods. NIOSH (1986) suggests that workers who have had previous experience in jobs where heat levels are high enough to produce heat stress may acclimatize with a regimen of 50% exposure on day one, 60% on day two, 80% on day three, and 100% on day four. For new workers who will be similarly exposed, the regimen should be 20% on day one, with a 20% increase in exposure each additional day.



Replace Fluids by providing cool (50°-60°F) water or any cool liquid (except alcoholic beverages) to workers and encourage them to drink small amounts frequently, e.g., one cup every 20 minutes. Ample supplies of liquids should be placed close to the work area. Although some commercial replacement drinks contain salt, this is not necessary for acclimatized individuals because most people add enough salt to their summer diets.

Reduce the physical demands by reducing physical exertion such as excessive lifting, climbing, or digging with heavy objects. Spread the work over more individuals, use relief workers or assign extra workers. Provide external pacing to minimize overexertion.

Provide recovery areas such as air-conditioned enclosures and rooms and provide intermittent rest periods with water breaks.

Reschedule hot jobs for the cooler part of the day, and routine maintenance and repair work in hot areas should be scheduled for the cooler seasons of the year.

Monitor workers who are at risk of heat stress, such as those wearing semi-permeable or impermeable clothing when the temperature exceeds 70°F, while working at high metabolic loads (greater than 500 kcal/hour). Personal monitoring can be done by checking the heart rate, recovery heart rate, oral temperature, or extent of body water loss.



To check the heart rate, count pulse for 30 seconds at the beginning of the rest period. If the heart rate exceeds 110 beats per minute, shorten the next work period by one third and maintain the same rest period.

The recovery heart rate can be checked by comparing the pulse rate taken at 30 seconds (P1) with the pulse rate taken at 2.5 minutes (P3) after the rest break starts. The two pulse rates can be interpreted using the following criteria.

Credit: www.osha.gov/SLTC/emergencypreparedness/guides/heat.html