



Sept-Oct
2026

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"Safety Comes First"

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Construction Suicide Prevention Week

According to the Occupational Safety and Health Administration (OSHA), the construction industry has one of the highest suicide rates. The Construction Industry Alliance for Suicide Prevention estimates there are 10 to 12 suicides among construction workers every day. This startling statistic means mental health must be considered a health and safety priority.

Each September, experts come together during National Suicide Prevention Month to raise awareness about the unique stresses construction workers face and to save lives during Construction Suicide Prevention Week (CSPW). From **September 14 to 18, 2026**, CSPW partners will be "building on progress," this year's theme. Even though suicide deaths in construction have begun to decline, there's still work to do.

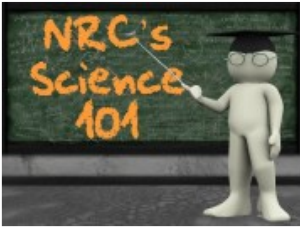
OSHA encourages everyone in the construction industry to help prevent suicide by following these key steps:

1. **Reach out.** If you have concerns about a coworker, privately and compassionately ask them if they're OK. Remind them that there are resources available, including the HR department and mental health professionals.
2. **Create a welcoming culture.** Construction companies need to address suicide prevention directly by providing employee training and normalizing conversations about mental health.
3. **Learn more.** Find resources and read more about suicide risk factors. Some helpful websites include the American Foundation for Suicide Prevention, the Construction Industry Alliance for Suicide Prevention, and OSHA.

This September, take the CSPW pledge and make a commitment to check in with your coworkers on a regular basis. The construction industry can be dangerous and fast-paced, but together, we can save lives.

Safety BLR

What are Quantities and Measurement?



“...units of measure are chosen and accepted by the people who use them.”

Scientists use measurements made in various units of measure, particularly meters, grams and liters. Where did these units of measure come from and how they relate to one another?

Quantities are characteristics or properties we are trying to measure, such as the length of an object. Units of measure are how we express measurements of quantities. For length, the unit we would use in science is meters. A unit is really only a particular amount of some quantity used as a reference point for measurements of that quantity. Put differently, units of measure are chosen and accepted by the people who use them. Often, units of measure were agreed upon many years ago. One meter is as long as it is because that's what scientists agreed to use as a base unit for length. A meter could have been some other length. For the sake of establishing well-defined and easily-accessible units of measure, the General Conference of Weights and Measures (a collection of scientists from multiple countries) created in 1960 the *Système International d'Unités*. This system relies upon the base units of measure listed in the following table.

Quantity	Unit	Abbreviation
Length	Meter	m
Mass	Kilogram	kg
Time	Second	s
Thermodynamic Temperature	Kelvin	K
Amount of Substance	Mole	mol
Electric Current	Ampere	A

Often times, however, the base unit of measure can be either too large or too small to be useful in describing a particular measurement. For

example, while we could talk about the distances between cities in meters, we would be using very large (and, as such, cumbersome) numbers. For example, from Portland, Maine, to St. Louis, Missouri, is 2,060,000 m or 2,060 km. Similarly, if we are talking about the size of atoms, the basic building blocks of matter, speaking in terms of meters would be difficult as the diameter of a hydrogen atom is only 0.000000000120 m. So, instead, for the sake of convenience, we often use prefixes to modify the size of the base unit. This table lists a number of such prefixes using meter for the base. It also lays out conversion factors, ratios that can be used to convert one unit to another.

Prefix	Abbreviation	Exponential Multiplier	Meaning	Example using Length
giga	G	10^9	1000000000	1 gigameter (Gm) = 1000000000m
mega	M	10^6	1000000	1 megameter (Mm) = 1000000m
kilo	k	10^3	1000	1 kilometer (km) = 1000m
hecto	h	10^2	100	1 hectometer (hm) = 100m
deka	da	10^1	10	1 dekameter (dam) = 10m
			1	1 meter (m)
deci	d	10^{-1}	1/10	1 decimeter (dm) = 0.1m
centi	c	10^{-2}	1/100	1 centimeter (cm) = 0.01m
milli	m	10^{-3}	1/1000	1 millimeter (mm) = 0.001m
micro	μ	10^{-6}	1/1000000	1 micrometer (μ m) = 0.000001m
nano	n	10^{-9}	1/1000000000	1 nanometer (nm) = 0.000000001m
pico	p	10^{-12}	1/1000000000000	1 picometer (pm) = 0.000000000001m

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Recognizing The Dangers of Carbon Monoxide

Carbon monoxide (CO) is an odorless, colorless, and poisonous gas. Exposure can be deadly. Because CO can overcome its victims quickly and its symptoms can easily be mistaken for less fatal ailments, it's important to be aware of how CO is produced, what happens if someone is exposed, and what to do if you have or observe exposure symptoms.

Danger from CO increases with the amount and length of exposure, but any exposure is a health hazard. And CO can cause permanent damage to parts of the body that require a lot of oxygen, like the heart and brain. Such an injury may not be noticeable for years.

CO is a common hazardous substance. It's produced when organic fuels are burned in an area with a limited supply of oxygen. The most common occurrence is incomplete burning in an airtight building. Often, a motor vehicle or furnace is the culprit. CO is produced by the incomplete burning of any material that contains carbon, including propane, natural gas, coal, and wood.

CO is produced in workplaces and homes during the operation of equipment like furnaces, space heaters, water heaters, gas clothes dryers and ranges, fireplaces, and motor vehicles, including forklift trucks. CO becomes dangerous when levels build up because equipment isn't working properly and/or there's a lack of air supply.

Factors that increase the health risks of CO inhalation include heart conditions, asthma, and bronchitis. Drinking alcohol, high altitudes (which have less oxygen), smoking (which raises the CO content in the bloodstream), and hot conditions also increase the health risks for those who have inhaled CO.

Be alert for CO poisoning symptoms and act quickly! Symptoms may resemble those of the flu, such as dizziness and vertigo, nausea, flushed face, headache, weakness, irritability, sleepiness, confusion, and chest pains for people who have heart conditions. In the event you or someone else is exposed to CO, find fresh air immediately! And remember to always get medical attention if you think you have inhaled CO.

Keep all fuel-burning equipment and appliances maintained and operating properly. Heating equipment leaks are a common cause of CO poisoning, so be sure furnaces are routinely serviced. Also, vent all fuel-burning equipment and appliances outside. Inspect vents to be sure they're not blocked. Check that exhaust fans blow out and away from air intake vents so they don't bring combustion products back into the building. Be especially careful in energy-efficient buildings, which may have minimal ventilation.

It may seem unnecessary to mention this, but don't let vehicles run in an enclosed area. Accidental deaths happen every winter when people warm their cars in closed garages. Inspect vehicles for exhaust and pipe leaks and body rot, which could allow CO into the vehicle. Use special detectors to alert you to dangerous CO levels, as CO can't be seen or smelled.

Be on the lookout for CO sources wherever you live and work. CO is impossible to see, but its sources can be identified and repaired or modified to keep you, your coworkers, and your family safe.



“Accidental deaths happen every winter when people warm their cars in closed garages.”



V



“Even though more than 70% of the Earth’s surface is covered by water, only 3% of the water supply is fresh...”

During the hot summer months, many of us enjoy visiting local lakes and rivers, swimming at our community pools, and splashing around at water parks. But what if the fresh water we depend on for not only recreation but also healthy living didn’t exist?

In the early 1970s, the U.S. federal government passed both the Clean Water Act (CWA), which protected surface water from excessive industrial pollution, and the Safe Drinking Water Act (SDWA), which increased the quality of groundwater and public water systems. These landmark pieces of legislation helped ensure our collective—and limited—sources of fresh water remain safe for the environment and humanity alike. To further the legacy of the CWA and the SDWA, the Environmental Protection Agency (EPA) began promoting National Water Quality Month (NWQM) in 2005.

Every August, during NWQM, the EPA educates the public about the importance of fresh water for all forms of life. Even though more than 70% of the Earth’s surface is covered by water, only 3% of the water supply is fresh, and even less is accessible and usable. As a result, clean water is often more of a privilege than a right. When water isn’t conserved and protected, the results have negative effects on environmental and human health, especially in countries outside of the United States and European Union.

According to the National Parks Conservation Association, over half of our national parks have “impaired” waterways; that’s 207 out of 397 national parks with water that doesn’t meet quality standards. Most of the pollution comes from four main sources:

- Industrial effluents
- Agricultural runoff
- Untreated waste leaks
- Household chemicals

National Water Quality Month, Cont.

(Continued from page 4)

While we have little control over industrial or agricultural pollution, we can make small but significant changes in our own businesses and homes.

To participate in NWQM and help the EPA raise awareness about water conservation and quality standards, you can:

- Organize a cleanup event at your local waterway (e.g., creek, river, pond, beach).
- Plant trees to reduce erosion and runoff.
- Keep an eye on local water quality and swim advisories through online resources.
- Don't use pesticides, car washing soap, or other harmful chemicals in your yard or driveway.
- Properly dispose of pet poop, paint, medication, and used oil.
- Use a rain barrel to collect water for gardening and landscaping purposes.
- Avoid dumping anything into storm drains, which flow straight into streams and other vulnerable waterways.

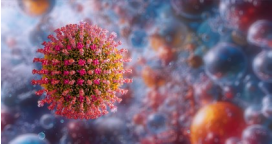
As calculated by the U.S. Drought Monitor, almost 50% of the lower United States is experiencing drought conditions, ranging from moderate to exceptional. We can all work together to conserve and protect fresh water during NWQM and beyond.



“Use a rain barrel to collect water for gardening and landscaping purposes.”



Measles cases in 2026



“For the full year of 2025, a total of 2,289 confirmed measles cases were reported in the United States”*

As of September 10, 2026, 3,294 confirmed* measles cases were reported in the United States in 2026. Among these, 3,278 measles cases were reported by 47 jurisdictions: Alabama, Alaska, Arizona, California, Colorado, Connecticut, Delaware, District of Columbia, Florida, Georgia, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, New Jersey, New Mexico, New York City, New York State, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, and Wyoming. A total of 16 measles cases were reported among international visitors to the United States.

There have been 38 new outbreaks** reported in 2026, and 95% of confirmed cases (3,123 of 3,294) are outbreak-associated (1,748 from outbreaks starting in 2026 and 1,375 from outbreaks that started in 2025).

For the full year of 2025, a total of 2,289 confirmed* measles cases were reported in the United States. Among these, 2,263 measles cases were reported by 45 jurisdictions: Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Michigan, Minnesota, Missouri, Montana, Nebraska, Nevada, New Jersey, New Mexico, New York City, New York State, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, Wisconsin, and Wyoming. A total of 26 measles cases were reported among international visitors to the United States.

There were 48 outbreaks** reported in 2025, and 90% of confirmed cases (2,066 of 2,289) were outbreak-associated. For comparison, 16 outbreaks were reported during 2024 and 69% of cases (198 of 285) were outbreak-associated.

*CDC is aware of probable measles cases being reported by jurisdictions. However, the data on this page only includes confirmed cases jurisdictions have notified to CDC.

**CDC reports the cumulative number of measles outbreaks (defined as 3 or more related cases) that have occurred this year in the U.S.; states have the most up-to-date information about cases and outbreaks in their jurisdictions.

Chemical Spotlight: Sodium Hydroxide

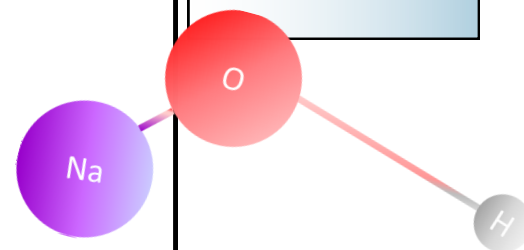
Sodium hydroxide, also known as caustic soda or lye, is an odorless, highly alkaline white solid that dissolves readily in water and releases considerable heat. This highly corrosive substance reacts with acids and certain metals, absorbs moisture from the air, and is widely used in soap production, drain cleaners, paper manufacturing, water treatment, and chemical processing.

Sodium hydroxide can cause severe burns to the skin and eyes. When preparing a solution, add the sodium hydroxide slowly to the water—never add water to the sodium hydroxide—as the reaction produces significant heat. Facilities that use sodium hydroxide should ensure that personnel are properly trained to handle small spills. If a LARGE spill occurs, evacuate and isolate the area, keep everyone away, and avoid touching or walking through the material. Contact emergency services or the site's hazardous-materials or EHS team for large, unknown, concentrated, dusty, outdoor, or drain-reaching spills. Do not add water, acids, bleach, or other chemicals to a spill, as sodium hydroxide may react dangerously and corrode metals.

Cleanup should be performed only by trained personnel wearing appropriate protective equipment. Solid spills should be collected carefully with compatible, nonmetallic tools while avoiding dust. Liquid spills should be prevented from entering drains or waterways, absorbed with compatible material, and placed in a corrosion-resistant, labeled waste container. Do not dispose of sodium hydroxide in a drain or regular trash unless authorized by local hazardous-waste regulations or site procedures. If exposure occurs, remove contaminated clothing and flush the affected skin or eyes with running water for at least 15–20 minutes, then seek medical attention promptly.



***“Do not
dispose
of
sodium
hydrox-
ide in a
drain or
regular
trash...”***

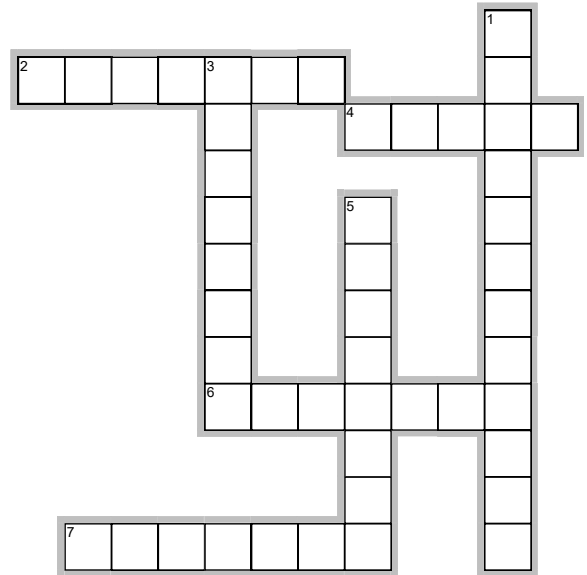


Fun Page

F U N P A G E

Across

2. CO is produced by the incomplete _____ of any material that contains carbon...
4. Sodium hydroxide can cause severe _____ to the skin and eyes.
6. ...almost 50% of the lower United States is experiencing _____ (water) conditions...
7. ...2,263 _____ cases were reported by 45 (U.S.) jurisdictions...



Down

1. The Construction Industry Alliance for Suicide Prevention estimates there are 10 to 12 suicides among _____ workers every day.
3. According to the NPCA, over half of our national parks have "_____ " waterways...
5. General Conference of Weights and _____, a collection of scientists from multiple countries, (was) created in 1960...

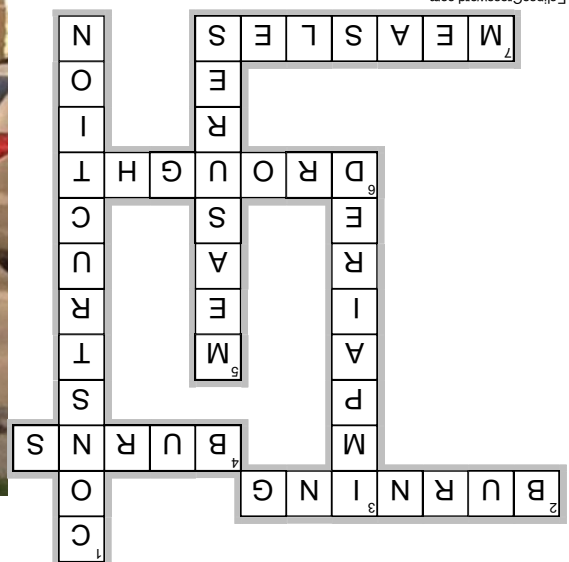
EclipseCrossword.com

Safety Fails—DON'T DO THIS!



Extra duties for the attendant?

Puzzle Answers



EclipseCrossword.com

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Safety Quotes

*Working
safely is
like
breathing
– if you
don't, you
die.*

*~Author
Unknown*

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