

C.D. Geneal Contractors, Inc.

P.O. Box 16627

LAS CRUCES, NEW MEXICO 88004

License 59456 GB98 DOL # 0143152010605

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Las Cruces, NM – C.D. General Contractors, Inc.

We agree to continue protecting the health and welfare of our employee's. If there is to be a proposed mandate, the research must be conducted to achieve realistic work to rest ratio defined for specific construction workforce. For example, C.D. General Contractors, Inc. specializes in commercial and residential roofing which keeps our employees exposed to high heat throughout the day. Planning events from low to high exertional work progress has been the duty of our foreman. We live in a dry hot climate May to September while temperature drop from September to April every year. With the current proposed mandate, there will be heavy constraints on operations, labor shortages, increased cost, and logistical challenges as mentioned in the Construction Association forum dated April 14, 2025.

Constraints by adhering to proposed mandate:

Most tasks take longer than 15 minutes to complete (based on mandatory proposed mandate with heat index of 105°)

- To properly install and inspect safety equipment to meet OSHA Fall-protection standards
- To install standing seam metal roof (roofing metal is roll-formed on-site to meet various lengths) (Normally in excess of 20 feet)
- Spray or roll adhesive for membrane TPO/PVC must be done in a timely fashion.
- Welding membrane to ensure proper bond
- Attaching fascia metal work with no less than 50' LF
- Attaching gutter system to roof eave
- Logistics will be back-ordered due to influx of orders to meet weather constraints
- Personnel movement for out-of-town jobsites will require more road time and separation from family

Employee Protective Measures:

- Employees wear long sleeve clothing adhering to APPENDIX I: Tables (Work Clothes) (CAF, 0)
- Ice provided by employer for water coolers
- Water provided by employer at main office
- Ventilated shipping containers provided by employer for shelter
- Pop-up canopy provided by employer for shade
- Personal Protective Equipment available upon request (sunblock, headgear, arm sleeves, etc.)
- Acclimatation is closely monitored by foreman for a time frame of 2 weeks

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Hazards:

- High heat category, especially several days in a row (measure wet-bulb globe temperature (WBGT) when ambient temperature is over 75° Fahrenheit (F)).
- Exertional level of work, especially several days in a row.
- Acclimatization (and other individual risk factors – see below).
- Time of exposure, to include nights and recovery time.



Individual Risk Factors:

The more factors, the higher the risk

- **Not acclimatized** to heat (need 10-14 days to get employees adequately acclimated).
- Exposure to cumulative days (2-3 days) of any of the following: » Increased heat exposure » Increased exertional levels » Lack of quality sleep
- Low fitness level.
- Higher percentage of body fat.
- Minor illness (cold symptoms, sore throat, low-grade fever, nausea, vomiting).
- Taking medications (prescribed or over-the-counter), supplements, or dietary aids such as cold remedies, stimulants, or performance-enhancing drugs.
- Use of alcohol in the last 24 hours.
- Prior history of heat illness (any heat stroke or > 2 episodes of heat exhaustion).
- Skin disorders such as heat rash and sunburn that prevent effective sweating.

Warning Signs of Heat Illness and Overhydration

With any of the below symptoms or signs, immediately call the foreman on site and move the employee to a shaded area.

Indications of Possible Heat Casualty

More Common Signs/Symptoms

- Dizziness
- Nausea
- Weakness or fatigue
- Headache
- Unsteady Walk
- Muscle cramps

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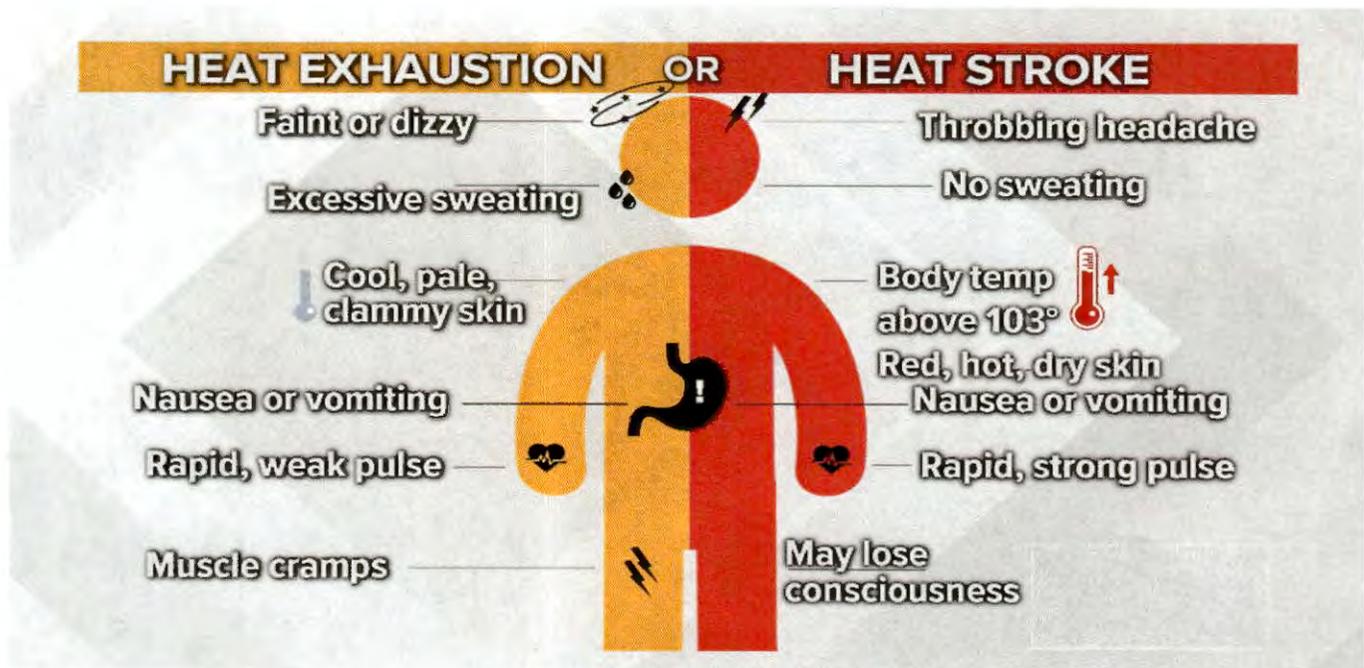
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Immediate Actions

- Remove from training and loosen clothing.
- Allow casualty to rest in shade; place flat on back with legs elevated 12-24 inches above the heart.
- Give sips of water or rehydration fluids if available (not to exceed 1 liter)

Serious Signs/Symptoms

- Hot body, high temperature
- Vomiting • Involuntary bowel movement
- Weak or rapid pulse
- Hyperventilating
- Confusion, agitation
- Convulsions
- Unresponsiveness, coma



Immediately Company Safety Officer or ambulance for emergency transport while doing the following:

- Lay down in shade with feet elevated until Medevac or ambulance arrives.
- Undress as much as possible.
- Immediately begin cooling with ice sheets or ice packs.
- Assess and document fluid intake if possible; do not administer additional water.

Mental Status Assessment

An important sign that the employee is in a serious life-threatening condition is mental confusion (with or without increased temperature). Anyone can do a mental status assessment asking some simple questions. Call for emergency ambulance if any of the following exist:

- What is your name? (Does not know his/her name.)

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- What month is it? What year is it? (Does not know the month or year.)
 - Where are we/you? (Is not aware of location or surroundings.)
 - What were you doing before you became ill? (Does not know the events that led to the present situation.)

Water Intoxication or Exercise Associated Hyponatremia

Drinking more water than the body can excrete (through sweating and urination) can lead to water intoxication, which requires immediate medical attention. Signs and symptoms are similar to heat illness and often occurs during the heat illness season. These include confusion, weakness, and vomiting.

Ask these questions to the employee or co-workers:

- Is the employee alert with appropriate behavior, and can he/she answer simple orientation questions as listed above?
- Ask the employee about fluid consumption (for the day before and for the day of during working hours). If they have been consuming over 1 liter per hour, they may have water intoxication.
- Has the employee been eating? (suspect water intoxication if the employee has not been eating).
- If the employee has collapsed during working and is found to have changes in mental status and is exhibiting inappropriate behaviors (i.e., confusion, being combative, vomiting), they should be directed to rest in the shade, with clothing loosened. Medical care should be sought immediately