

Service

Safety

Quality

MARCH, 2010

the **Block**

C O N N E C T I O N

INSIDE THIS ISSUE:

Safety 3

Events 4

“Don’t let any opportunity to sell our services big or small pass us by.”

PRESIDENT’S MESSAGE

- JACK BLOCK

The end of March brings to a close the first quarter of this year. Needless to say it has been a lackluster quarter. In short, there just isn’t much work available. The little that is out there is being bid way below our costs. I have been doing some research on where the nation’s economists think the construction market is going over the next few years and the results are not pretty or encouraging. They don’t predict the market to begin to turn until late in 2012 and maybe well into 2013. Until then it is going to be at the current low levels. That’s not good news.

Manufacturing is all but gone in this country. Residential is in an oversupply condition, both new and used, and hospitals are about to peak. The only bright spots are government funded or partially funded projects such as roads, bridges, wastewater treatment, energy transmission and distribution, schools and defense.

What does this all mean? It means we are in for a rough road for the next couple of years. We as a company have taken steps to cut our overhead costs to ride this out. What is the next step? The next step is to find work and make it profitable. We are trying to make some sense out of this bidding war that is going on in the industry. Sometimes it’s like trying to make sense out of the senseless! Each and every one of us has to step up and sell. Don’t let any opportunity to sell our services big or small go by. We know we are one of the best contractors around; we just have to convince customers and potential customers.

Never before have we faced such economic times. These times are calling for extreme measures. We all have to step up to the plate and see what we can squeeze out of the work that is out there. We have to all sell, work hard, and do our work safely and efficiently. Don’t waste any time and get right down to it. It is a matter of survival. I know I have called upon this team before. You have always come through. It is time to do it again only with more effort than we did in the past. I know we are all up to it. Now it’s just a matter of getting it done.

SAME NETWORK

- MIKE DEGER

We are proud to be one of the sponsors of the 2010 SAME Preschool Inaugural Fundraiser along with McGrath Lexus Chicago/Westmont and Rush University Medical Center. You can win a 2010 Lexus HS250h luxury hybrid vehicle along with other prizes. Proceeds from this raffle will benefit the SAME Preschool Program.

The Science and Math Excellence Network is operated by the Department of Community Affairs at Rush University Medical Center. One of the most prominent programs, the Preschool Program, considered a cutting-edge instructional approach, was introduced in 1998. The program's goal is to create an inviting, child-centered environment that enables very young children to explore science, integrating math and technology, while using a developmentally appropriate curriculum that emphasizes inquiry and hands-on learning.

Basic components of this program include construction of a functioning science lab stocked with an abundance of resources. Teachers receive sequential professional development to utilize equipment and curriculum appropriate for young learners. Parents enjoy workshops to promote science and math exploration in the home. With the cooperation of corporate partners and a generous grant from a major research institution, Rush University Medical Center's SAME Network has assembled 23 preschool labs reaching over 7,000 students that undoubtedly has enhanced student learning.

If you are interested in buying a ticket please contact Mike or Crissy at 847-647-4030.


Science and Math Excellence (SAME) Network
Operated by Department of Community Affairs at
Rush University Medical Center


SAME Network Preschool Inaugural Fundraiser
"expanding possibilities for children"


WIN a 2010 Lexus HS250h
Donated by McGrath Lexus of Chicago

Drawing to be held—**Friday, May 14, 2010**—At Fundraiser Dinner
Rush University Medical Center

WINNER NEED NOT BE PRESENT TO WIN.
Proceeds to benefit the SAME Preschool Program

 **Block Electric**
COMPANY, INC.
ELECTRICAL CONTRACTORS & DESIGNERS

 **McGRATH**
CHICAGO/WESTMONT
LEXUS

 **RUSH UNIVERSITY**
MEDICAL CENTER

Ticket \$100.00 ea.

IRS CONSUMER ALERT

The IRS does not send taxpayers unsolicited e-mails about their tax accounts, tax situations or personal tax issues. If you receive such an e-mail, most likely it's a scam.

IRS impersonation schemes flourish during filing season. These schemes may take place via phone, fax, Internet sites, social networking sites and particularly e-mail.

Many impersonations are identity theft scams that try to trick victims into revealing personal and financial information that can be used to access their financial accounts. Some e-mail scams contain attachments or links that, when clicked, download malicious code (virus) that infects your computer or direct you to a bogus form or site posing as a genuine IRS form or Web site.

Some impersonations may be commercial Internet sites that consumers unknowingly visit, thinking they're accessing the genuine IRS Web site, IRS.gov. However, such sites have no connection to the IRS.

For more information on scams and what to do if you're subject to one, see [Online Scams that Impersonate the IRS](#), [Suspicious e-Mails and Identity Theft](#) and [How to Report and Identify Phishing, E-mail Scams and Bogus IRS Web](#)

HAND TOOL ERGONOMICS

- DREW BOYCE

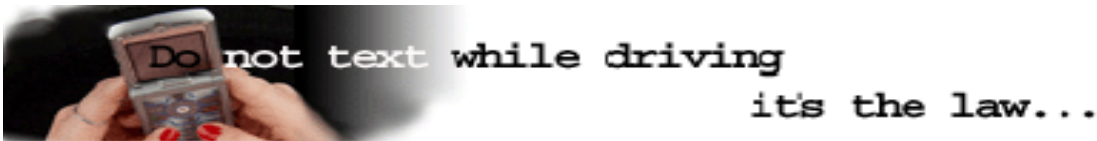
Simply speaking, hand tool ergonomics means selecting and using the proper tool for the job *and* the worker. When this is done, the job is usually completed both efficiently and safely. The objective of ergonomically designed hand tools is to minimize physical stress to the fingers, hands, wrists, arms and shoulders during use. Ergonomics with respect to hand tools involves four fundamental principles:

1. Reducing or removing high contact forces and static loading.
2. Reducing or removing extreme or awkward joint positions.
3. Reducing or removing repetitive finger action.
4. Reducing or removing tool vibration.

The following are a few ways to accomplish these:

- Select tools whose activators use a "power grip" of several fingers or the entire palm. Avoid single finger triggers.
- Select tools whose handle diameter is at least 1.5". The length of the handle should be long enough (at least 4") to avoid applying pressure to the base of the thumb or palm.
- Select tools whose handles are textured/non-slip and provide low thermal conductivity. The hand will automatically grip a cold, hard surface with unnecessary force.
- A gloved hand will also grip a tool more tightly than necessary so if gloves are needed, they should provide adequate protection for the fingers and hand but allow enough sensitivity to grip/control the tool. Fingerless gloves should be considered.
- Hand tools which keep the wrist in the neutral (unbent) position should be used whenever possible. Pliers and hammers with "bent" handles or knives/powered screwdrivers with pistol-grip handles are examples.
- Vibrating tools should have vibration dampening features such as energy isolating handles; consider using vibration dampening gloves whether or not the tools are so equipped.
- Whenever possible, use power tools to reduce the amount of human force and repetition.
- Use light weight tools when low frequency, low force tasks are necessary.

HOW CAN YOU IMPROVE YOUR JOBS REQUIRING HAND TOOLS?



Please be aware of two new cellular laws that took effect January 1st.

Illinois is now among 19 states that have outlawed texting while driving to reduce the number of crashes and fatalities in Illinois. On August 6, 2009, Governor Pat Quinn signed into law House Bill 71 and House Bill 72 which took effect on Friday, January 1, 2010. The Illinois Secretary of State and Illinois Department of State Police and Transportation have joined corporate partners to spread the news.

Motorist will now be impacted in three ways according to the new laws:

1. no motorist will be allowed to compose, send or read messages or access the Internet while driving;
2. no motorist will be allowed to talk on a cell phone, even through a hands-free device, while driving through a construction zone or a school zone; and
3. no motorist under the age of 19 can use a cell phone at all while driving. The ban includes personal digital assistants and portable or mobile computers.

For additional details, please refer to: www.dot.il.gov/texting.asp

Block Electric Company is an
Equal Opportunity Employer

Niles:
7107 Milwaukee Avenue
Niles, IL 60714
Phone: 847-647-4030
Fax: 847-647-6980

Shorewood:
203-C Earl Road
Shorewood, IL 60404
Phone: 815-744-2000
Fax: 815-744-6070

We're on the web!
www.blockelectric.com

Can you guess which
happened first, second
and third?

- A. NBC airs the first episode of The Cosby Show.
- B. Beanie Babies make their world debut.
- C. The Beverly Hills Diet book becomes a #1 best seller.



**Spring begins
on March 20th**

C.1981 A.1984 B.1993

BIRTHDAYS

Greg	Vandreeese	03/04
Nicholas	Santorineos	03/06
Keith	Howen	03/07
Pat	Phee	03/12
Alex	Giese	03/15
Bill	Enz	03/17
Kevin	Sheridan	03/17
Crissy	Bellas	03/20
Rick	Madison	03/21
Sonia	Kelly	03/20
Dan	DeLuna	03/31



NEW EMPLOYEES

Welcome to the new kids on the Block team.

Lorance	Dabney
Jerry	McConville
Dana	Mitchell
Ignacio	Reyes
Francis	Ryan
Kevin	Snikeris

IMPROVE YOUR MEMORY NATURALLY

Serve yourself blueberries: It's a fact memory tests show that people who eat fresh or frozen blueberries score higher on recall and related tests than those who do not.

Doodle: On paper, draw happy faces, stars or figures 8's, following the pen or pencil with your eyes. Research shows this is one of the simplest ways to create memory-building connections in the brain.

Drink up: Several studies reveal that being even slightly dehydrated can cloud memory. Aim to have a 6 to 8 ounce glass of water every three hours or so.

Picture it: Taking a few minutes to visualize a place you love that you're longing to visit will relax you, making you less forgetful all day long.
