



## FEATURED PROJECT

# Block helps Capital One Café serve up banking with a twist



Block Electric recently installed the electrical and security infrastructure for Capital One Café's new Lincoln Park and Lakeview locations. More locations are being planned for the fall.

(See story on page 4)

## Vice President's Message



I would like to begin my message by expressing my genuine gratitude for every employee. This Company is nothing without our people, and every

one of you is just as important as the next person in the door, and I can't thank you enough for all the hard work and dedication that you put in each and every day.

It's no secret that a lot has changed in the past six months. Over the course of our nearly 100 year history, we have faced significant changes and countless challenges. Through it all, the hard work, determination, and will of our employees has stood the test of time.

That being said, in the short term, we are in a very strong position, and in the long term, we are making significant investments for Block Electric to thrive for another 100 years.

Recently, we have continued to pick up large work and add to our already strong backlog. These projects include a new maintenance building for American Airlines at O'Hare, summer renovation of a Middle School in Lincolnwood, a complete remodel of the Apple store in Woodfield Mall, and a new District Learning Center for the Valley View school district, just to name a few.

In addition, we have also expanded our customer base, working with new general contractors and owners at new locations.

Finally, we have been significantly investing in our operations for the future of the company. This includes investing in our fleet, our technologies, our tools, and of course our most important asset – our people.

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## Vice President's Message

(Continued from page 1)

Starting with this newsletter, you will see a new section that will feature industry trends, prefab assemblies, and innovative products or tools. As we expand our capabilities internally, there will be a section to showcase what innovative ideas our team can create to become more efficient. All input is welcome in order to spark interest for further ideas on jobsites. If you have any ideas or industry trends you would like to share, please forward them to me or Phil. I wish everyone an enjoyable and safe summer—remember to stay hydrated.

Here is a list of some of our latest new projects:

- GEM building at O'Hare
- Lasalle-Peru High School Fire Protection and Electrical Infrastructure
- Lincoln Hall Middle School
- Apple Store
- Valley View School District Early Learning Center Site Lighting Improvements
- Argonne National Laboratory Building 200 Lab Renovation
- CB&I Fire Restoration
- Silver Cross Hospital, Sterile Processing Department Renovation
- Silver Cross Hospital, New C-Section Room
- Silver Cross Hospital Clinics:
  - Essington Clinic site lighting
  - Lemont Clinic site lighting
  - New Lenox Clinic site lighting
  - New Lenox Clinic inside lighting
  - Essington Clinic inside lighting
  - Lemont Clinic roof exhausters
  - New Lenox Clinic Cameras
  - Lemont Clinic Cameras
  - NU Welsh Ryan Arena Temp Kitchen
  - NU Charging Stations
  - Art Institute Shop Offices
  - RUMC POB III Waps
  - RUMC JRB Elevator Maintenance
  - Capital One – Various improvements

— SCOTT BLOCK

## Spotlight On: Luke Simpson GENERAL FOREMAN

As a General Foreman at Block Electric, Luke Simpson takes great pride in working in a trade he entered not long after returning home from a tour in Iraq as part of Operation Iraqi Freedom in 2004. He served as an Army National Guardsman from 1999 to 2005.

After finishing his duties in the Army, Luke worked for a small contractor as a carpenter doing remodels and building houses and then began working at Block Electric in 2006 as a first year apprentice. Luke decided to become an electrician after learning about the trade from his cousin, who is also an electrician.

Luke is drawn to the diversity of the job and the never-ending opportunities to learn new skills as technology evolves. "I think the trade is unique because there is always something different to do, there is lot to learn and perfect," he said. "With the changes in technology there is always something new to learn."

Luke's first job as a foreman was for the Meijer store in Homer Glen. He has also worked on the prefab for the BMO Harris data center and the Joliet Central High School addition. He is currently working in the Shorewood shop running our prefab work.

"The project I enjoyed the most was Joliet



Central," he continued. "The build was challenging but enjoyable and the finished product was stunning."

When he's not busy at the shop, Luke spends his time with Kelly, his wife of ten years, and their four girls—Sophia, 7; Stella, 5; Eleanor, 3; and Etta, 10 months. They live in Dalzell and are very involved with their children's activities—softball and gymnastics for Sophia; t-ball, gymnastics and dance for Stella; and t-ball and gymnastics for Eleanor.

Luke is also a t-ball coach and was recently elected as vice president of the school board at his girls' grade school.

"Right now my kids seem to be my hobby, but if I have time I enjoy woodworking," he said.

**SEND US YOUR IDEAS  
AND WIN A VISA GIFT CARD!**

# New Products, Tools and Prefab Assemblies

In future newsletters, we will feature New Products, Tools, and on-going Prefab Assemblies. These innovative ideas can be used in your day-to-day work which can make your job run more efficient and cost effective.

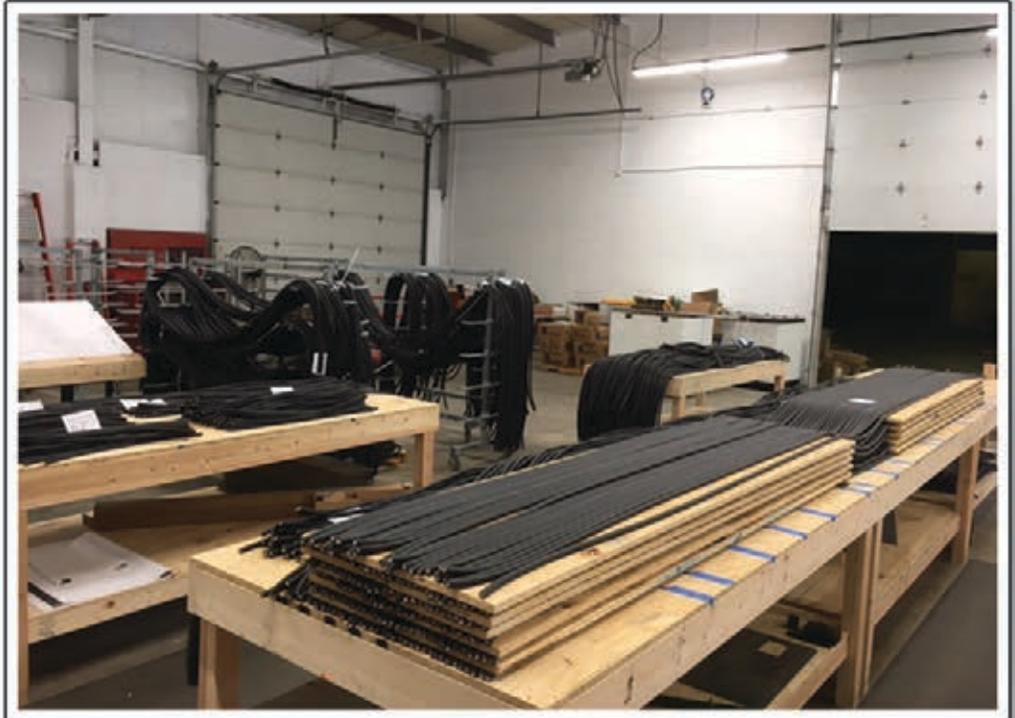
If you have any new ideas or products that you wish to share with the team, please let us know. **If your idea is featured in the newsletter, you will receive up to a \$50.00 Visa gift card.**

One of the keys to any successful business is being able to come up with new ideas to keep operations, products and services fresh. The process of bringing those ideas to reality is called innovation.

Here are just a few of the many innovative assemblies we have been building in the prefab shop.



*Pre-Assembled Wiremold Outlets*



*Pre-Cut & Assembled SO Cord*



*Free-Standing Temp Power Poles*



*Pre-Bent Stub-Ups & Boxes  
with Brackets on Mobile Carts*



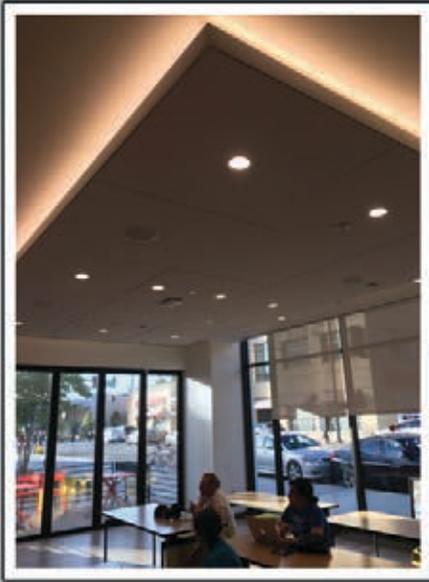
*Man Hole Covers*



*Unistrut Racks*



*Pre-Assembled Light Poles*



## FEATURED PROJECT

# Block helps Capital One Café serve up banking with a twist

*(Continued from page 1)*

Capital One Café customers in Lincoln Park and Lakeview are able to enjoy banking, free ATM's and free WIFI while listening to music and sipping on discounted coffee in part because of Block Electric's role in setting up the electrical and security infrastructure that was integral to the development of the Café.

Capital One Bank recently introduced a new

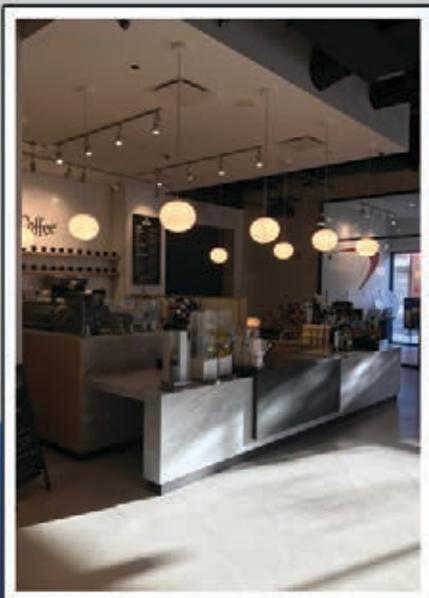
concept to the banking world—it's called Capital One Café. Capital One incorporated a full service coffee shop with a banking option on the side. The Café is serving Peet's coffee along with pastries and hot sandwiches at a 50% discount when customers use a Capital One credit or debit card. The new concept is geared toward attracting the millennial generation and it seems to be working.

The branch resembles a coffee shop but still has all the same amenities of a brick and mortar bank. In lieu of walk up bank tellers, freelance customer service associates roam the shop as customers enjoy their discounted coffee, free ATM's and free WIFI.

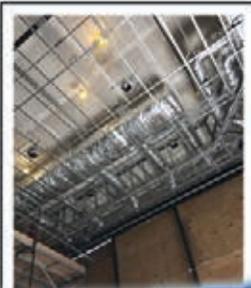
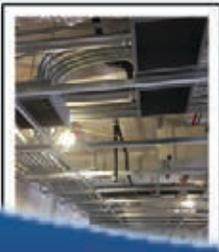
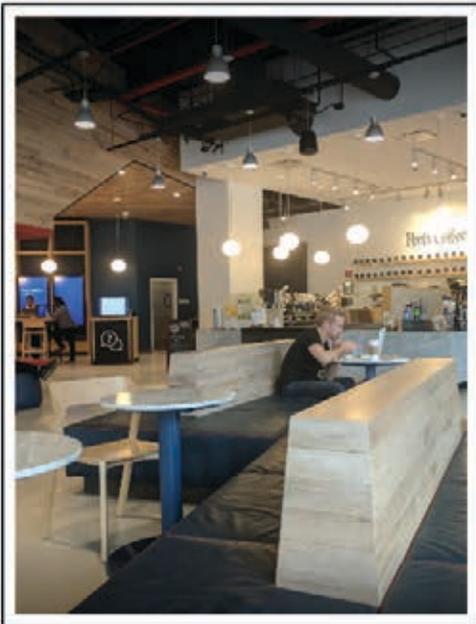
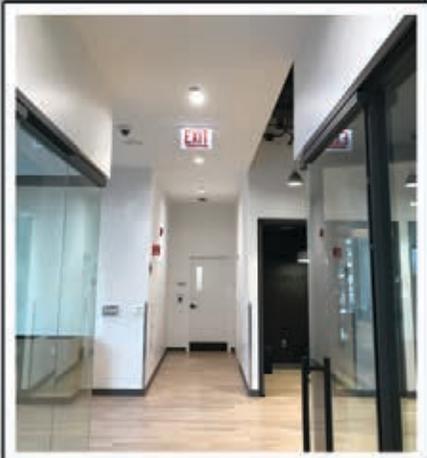
Steve Sansone completed the Lincoln Park branch in March and jumped right into the Lakeview location. Although it appears to be a coffee shop at first glance, the electrical and security infrastructure is in place as if there was a vault full of money on site, which doesn't exist. Steve and his crew installed over 5 miles of conduit for CCTV, Biometric readers, Card readers, the sound system, the audio visual system and even bank hold up buttons.

These two branches are just the beginning of Capital One's plan to expand its new banking

concept. In September, Capital One has plans for two more Chicago branches and Block Electric is hoping to be integral in installing the electrical and security infrastructure at those new branches.



*"It's not often as electricians we get to showcase our conduit bending skills, but with the open ceiling concept*



on this project, Steve and his crew have outdone themselves.” —Jerry Hughes

## Extreme heat safety tips

### Symptoms of Heat Stress Disorders

**Heat Cramps** - Symptoms are painful spasms of the muscles. Heat cramps are caused when workers consume large quantities of water but fail to take in enough salt to replace the salt their body lost through sweating. Tired muscles are susceptible to cramping.

**Heat Exhaustion** Symptoms for this disorder are moist, clammy, pale skin; profuse sweating; extreme weakness or fatigue; dry mouth; dizziness; fast pulse; rapid breathing; muscle cramps and nausea.

**Heat/Sun Stroke** Symptoms are a very high body temperature (104° F or higher); lack of sweat; mental confusion, delirium, or hallucinations; deep breathing and rapid pulse; hot, dry, red or mottled skin; and dilated pupils. Get medical help at once for this.

### Tips for Prevention

**Acclimatization** - Adjust yourself to the heat through short exposure periods followed by longer exposure until your body is accustomed to the heat. It may take 5-7 days of hot weather exposure before the body undergoes changes that make heat more bearable.

**Drink lots of Water/Liquids** - Replenish the fluid that your body is losing through sweating. Not only water, but critical electrolytes such as sodium, potassium and calcium are lost through sweating, so consider using electrolyte drinks to combat heat related disorders.

**Education** - Know the signs and symptoms of heat stress disorders and act quickly.

**Use Your Head** Do not ignore possible symptoms of heat stress disorders. If you feel very hot, dizzy, nauseous or if your muscles cramp, stop and cool off!

**Heat Stress Disorders are serious.** Workers who have ignored the symptoms have lost their lives. Our "natural" air conditioner can fail, and often does if we overexert in extreme heat.

## FOCUS ON SAFETY:

# Avoiding Complacency to Electrical Hazards

Too often familiarity leads to complacency.

As electricians, we need to be reminded of all the hazards associated with that part of our job which is most familiar—electricity.

First on the list and the one we are most familiar with is shock. Unfortunately, that is not always addressed completely.

The next hazard is arc flash. We all know that an arc flash (or arc blast) is a type of electrical explosion that results when a short circuit occurs through air. When an object offering a path to ground or a lower voltage comes near an exposed live circuit or part, the current will flash over. And, of course, the final hazard is the fire hazard associated with electricity.

Looking more closely at the shock hazard you need to understand a little more about the body and electricity. Your body uses electrical impulses to move your muscles. Electrical current, when passing through any object, generates heat. Considering both factors, you can better understand what happens when you get a shock. The external electricity during a shock overpowers the impulse of your nerves. If muscles over-contract as a result, bones will break. If it takes over your heart muscle, it can stop beating. As the current enters and exits the body, it will burn those sites. It may also burn nerves, blood vessels and internal organs as it passes between these points.

When an arc flash occurs, energy is released in the form of light, noise, heat and pressure. Temperatures associated with an arc-flash can reach 35,000° F. High-intensity flash can cause damage to the eyesight. Pressures can reach thousands of pounds per square foot. This



pressure alone can cause damage, but combined with the molten metal from the heat generated can shoot shrapnel at speeds of more than 700 miles per hour. The noise created can exceed 160 dB, causing permanent hearing damage.

Last but not least of the dangers is fire. Heat from the flash can ignite almost anything. But, even without a flash, the heat that is generated when current is forced through an object with high resistance can reach levels that will cause a fire. Consider the heat caused when a homeowner at Christmas overloads an extension cord and then places the cord under a carpet. The heat captured will melt the cord and ignite the carpet.

With knowledge of all the hazards associated with electricity, you should recognize the dangers. Observe warning signs. Listen to the precautions offered in safety talks on electricity and observe boundaries established for qualified and unqualified workers.

**Block Electric's Safety Policy...**It is our policy to provide all employees with a safe, healthful, and hazard-free work place. The intent at all times is to comply with the provisions of the Williams-Steiger Occupational Safety and Health Act of 1970 (OSHA). Block Electric recognizes that accident prevention and efficient production are interrelated. We further recognize our responsibility to provide adequate training, safeguards and safety equipment for each employee. In turn each employee bears the responsibility to comply with all safety regulations and the use of required safety equipment. The safety and well being of our employees has been and will continue to be of primary importance. Our EMR is .70 and our Contractor Score is 2390. Phil Casto is our safety director.

# 2017-2018 Block Electric Scholarship Recipients

*Congratulations to our 2017-2018 Block Electric Scholarship Recipients. We wish you all the best of luck this year and in the future!*



**Dana Blaszyński**, daughter of Greg and Donna Blaszyński. Dana is attending Iowa State University.



**Rachel Martin**, daughter of Jerry and Anne Martin. Rachel is attending Marquette University.



**Morgan Giusto**, daughter of Todd and Lisa Giusto. Morgan is attending Northern Illinois University.



**Ross McCormick**, son of Jim and Rhonda McCormick. Ross is attending Lewis University.



**Adam Hughes**, son of Jerry and Sharon Hughes. Adam is attending Indiana University.



**Jamie Scott**, daughter of Dave and Tina Scott. Jamie will be attending University of Wisconsin-Milwaukee.



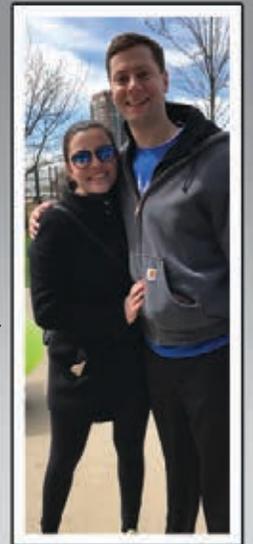
**Melanie Jones**, daughter of Gary and Marsha Jones. Melanie will be attending Eastern Illinois University.

**Tiffany Kuta**, daughter of Bill and Gina Kuta. Tiffany will be attending Arizona State University.



## THIS IS HOW WE ROLL: Thank you for your support

Thank you to all those who came out to walk, run, bike or skate with us at Walk & Roll Chicago. Thanks to your support, the 46th annual Walk & Roll was a huge success. There was so much positive energy and excitement in the air! Our Chicagoland community is on a mission— to lead the fight against all cancers. This was evident, as we stood 5,000 participants and volunteers united at Soldier Field.



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Block Electric Company is an Equal Opportunity Employer

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