



(952) 934-4695  
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First Quarter 2016  
Volume 2, Issue 1

# Laser, powder training coming

## Learn more about the tools that help you

RTL is providing its' employees additional training on laser and powder actuated tool usage. Class dates will be Feb. 10th, 17th and 24th. There is no maximum per class date, but a minimum of six is required for

the class to commence. A Hilti representative will be on hand to share his expertise.

The class is scheduled to begin at 4 p.m. Please send Steve Gilman a text message (612.802.7843) to sign up for



your spot now. Or you can call the office (952.934.4695) to reserve your spot.

Many different types of lasers are used for many applications. This purpose of this course is to help you understand the full function of the laser so you can maximize its usefulness and efficiency.

Powder actuated nailers are charged by a .22 caliber safety cartridge, releasing the nail at up to 500 feet per second.

Take advantage of this opportunity to learn how to use these helpful but powerful tools properly.



Never discharge a powder actuated nail gun near an explosive source. Always store unspent rounds in the gang box.

## How do I handle a work-related injury?

If someone is to suffer a work-related injury, proper procedure on the jobsite is a must.

If the situation is an emergency, call "911" IMMEDIATELY.

In non-emergency situations, report all injuries to the job foreman immediately. If foreman is not available, the job superintendent is next in line. If not an option, Safety Director Steve Gilman (612.802.7843) should be notified.

All gang boxes are equipped with a First Aid kit. If you find a First Aid kit is not sufficiently supplied, please report it to the job foreman.

If the injury requires additional

treatment, the injured party must be accompanied to the nearest Minnesota Occupational Health clinic, which is posted in the gang box. If clinical attention is required, Steve Gilman must be contacted.

Injured parties are required to complete a post-accident drug screen, and will not be permitted to work until the results are received by the RTL office and found favorable. Also, all clinical documentation must be submitted to the RTL office indicating whether or not the injured is cleared to return to work.

Employees should not seek medical attention for a "work-



If you find a First Aid kit low on supplies, please contact your foreman or superintendent.

related" injury that was not IMMEDIATELY reported to the foreman, the superintendent or Steve Gilman. If such a situation is to arise, contact Steve Gilman to discuss.

## News and Notes

### Super Bored?

While conspirators rigged that the NFC North Division Champion Minnesota Vikings (wide left) and second place Green Bay Packers (heads or tails) would be on the outside looking in at Super Bowl L (that's 50 for those of you that don't read Roman), the game will continue with the Peyton Manning led Denver Broncos meeting the Carolina Panthers. Will Manning, at his age, be the last left standing? Or will upstart Cam Newton send the old fella riding off into the sunset?

### Camping fun ...

Get the marshmallow sticks sharpened as RTL is exploring the idea of a weekend stay at a campsite to be named later. Details will become available later, but the potential for a company-wide kumbaya is gaining traction, likely for sometime this summer. Stay tuned ...

### Grab that house!!

Hopefully fishing has been great this winter, or at minimum you've improved your cribbage game, but remember fish houses need to be removed in coming weeks.

Inland water houses need be removed by March 2 in the south, March 16 in the north. Find complete details on the north/south line at [www.dnr.state.us/fishing/shelter.html](http://www.dnr.state.us/fishing/shelter.html). Plan ahead.

### Zero equals zero

RTL Construction's rules for outdoor work in the winter are pretty simple, zero=zero. That simply means that if the temperature or the wind chill are at or below zero there will be zero work performed outdoors. Hopefully this can be forgotten until next winter.



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# Amazing space

The Amazon distribution warehouse in Shakopee is one of many projects currently keeping RTL Construction on its toes. The 800,000 square foot facility has just shy of 2 million feet of floor space among four levels. Completion is expected this spring, and Amazon hopes to be able to deliver your package to your doorstep within 24 hours.

RTL Construction is among the contractors that have worked with Ryan Companies to execute the construction of the Amazon distribution building in Shakopee.

# Growth spurt

RTL's January work force has grown to levels normally seen during the summer months. RTL estimators are working to ensure the momentum continues well into 2016 and beyond. A shop expansion is in the works, details of which are sketchy at press time, but there are stakes sticking out of the snow.



An expansion of RTL Construction's headquarters is in the works. Additional shop and office space are part of the renovation.

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## NFC North

(final standings)

Team	W-L	GB
*MINNESOTA	11-5	-
Green Bay	10-6	1
Detroit	7-9	4
Chicago	6-10	5

\* - Denotes division champion.

### Recent scores

MINNESOTA 20, Green Bay 13  
 Detroit 24, Chicago 20



*"Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful."*

- Norman Vincent Peale  
 Positive thinker expert



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First Quarter 2017  
Volume 5, Issue 1

## How 'Safety first' paid off ...

RTL will feel benefits of improved safety score in 2017

While RTL Construction continues to deliver more and more in the field, it also continues to deliver more and more in terms of working safely.

Last year produced more workers working more hours to complete more projects than any year in recent history, and yet RTL Construction's safety rating improved from the previous year.

Insurance companies, OSHA and contractors reference a subcontractor's Experience Mod Rating (EMR) when rating a contractor's safety performance. The EMR is generated from a formula comparing the number of days lost



to injury and OSHA citations in comparison to total hours worked.

It's like your credit score. The lower your credit score the lower your interest rate. The lower your EMR, the less you pay in premiums. An EMR starts at 1.0, which is average. Many General Contractors require that a subcontractor's

EMR is below 1.0 in order to bid on a project.

RTL's EMR Rating for 2015 was 1.12, resulting in a loss of opportunity to bid a few large jobs. Based on your safety performance in 2016, RTL will enter 2017 with an EMR rating of .77, meaning our safety rating won't eliminate us from consideration for certain projects.

Now is not the time to let your guard down. RTL will continue to offer safety training throughout 2017, starting with a FIRST AID session shortly after the start of the year.

## News and Notes

### Timely timecards

Please remember to get your timecards to your foreman or superintendent on Friday. Your timecard is your lifeline to your paycheck.

If compensation for your efforts is important to you, filling out your timecard daily and getting it in on Friday should also be important.

### Resolution resolve

You've identified the things you'll do to make yourself better. You're among 45% of people that make New Year's Resolutions.

Thirty-eight percent of Americans never even bother with resolutions.

The most popular resolutions include lose weight, get organized, spend less/save more, quit tobacco and enjoy life to the fullest.

Don't feel bad when you fail, as only 75% of resolutions last a week, and 46% last six months.

### On thin ice

Widely variable weather conditions has caused ice to deteriorate rapidly and create potentially dangerous conditions, according to the Minnesota DNR. The DNR is asking anglers, snowmobilers, skiers and others to use caution and "think twice before going out on the ice."

The DNR said that the ice that formed quickly during the recent sub-zero temperatures is now thawing and re-freezing, which leads to extremely weak ice that is dangerously deceptive. Recent snow cover means new ice takes longer to form, and ice that has thawed and refrozen is only as strong as new, clear ice.

### Color blind?

Former Vikings quarterback Brett Favre predicts that his former rival, the Green Bay Packers, will represent the NFC in the Super Bowl. "They will be in the Super Bowl," Favre said.



The theater at Providence Academy in Plymouth is a thing of beauty. The school was one of many projects completed in a banner year for RTL Construction.

## Celebrating 2016. Turning the page.

RTL Construction celebrated a banner 2016. More than 300 projects hit the books in 2016 alone, resulting in new highs in terms of field employees and hours. August alone topped out at nearly 280 field employees, almost 100 more than the peak in August 2015.

The backlog into 2017 gives promise for another busy year at RTL. While the construction season has gotten off to a slow start, expect it to kick off soon in a big way.

## Injured? Know what you're doing.

If someone is to suffer a work-related injury, proper procedure on the jobsite is a must.

If the situation is an emergency, call "911" IMMEDIATELY.

In non-emergency situations, report all injuries to the job foreman immediately. If the foreman is not available, the job superintendent is next in line. If this not an option, Safety Director Steve Gillman (612.802.7843) should be notified.

If the injury requires additional treatment, the injured party must be accompanied to the nearest Minnesota Occupational Health clinic, which is posted in the gang box, and Steve Gillman should be notified.

Injured parties are required to complete a post-accident drug screen, and will not be permitted to work until the results are received by the RTL office and found favorable. Also, all clinical documentation must be submitted to the RTL office indicating whether or not the injured is cleared to return to work.



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Things can get buried quickly in adverse conditions. Make certain you have a game-plan before taking action.

## If the muck has you stuck Plan your escape, execute the plan

There are multiple contributing factors to RTL being able to remain competitive. Lowering its EMR safety rating (see story on page 1) allows RTL estimators to bid more competitively because it saves in insurance premiums.

Managing and caring for our fleet of nearly 110 lifts is another area that can reduce costs. Knowing what gas container to use for a lift or partner saw can eliminate unnecessary repair costs.

Site conditions can present problems. Navigating a lull around a muddy site presents many challenges, and can be downright impossible when inclement

weather is coupled with difficult site conditions.

Last year alone RTL spent nearly \$50,000 in lift repairs that could've been avoided. The most important thing we can do is stop and assess before we react. Any doubt about how to address a stuck lift or failed equipment is probably enough to force you to stop.

If you have to ask yourself "is this the right thing to do?," you've probably already answered your question.

Any questions, call Steve Gillman at 612.802.7843 BEFORE you act.

## RTL COOKBOOK

### Cream of anything ...

Nothing says "winter in Minnesota" as well as a cream of something recipe. This classic tuna hotdish is a staple at any social or potluck, or perfect for an afternoon of football or after a day on the sled. If the kids don't like it, tell them it's chicken.

- 1/2 pkg. egg noodles (16 oz.)
- 1 can cream of mushroom soup
- 1 can mushrooms (optional)
- 1 c. frozen peas (optional)
- Dash of pepper
- 1 can tuna fish
- 1 can Cheddar cheese soup
- 1/2 c. milk
- 1/2 tsp. salt
- 1/4 tsp. paprika

Cook noodles as directed. Just before noodles are done, add frozen peas to heat through. Drain noodles. Rinse, if desired.

Mix soups, milk, and tuna in casserole bowl separating tuna. Add mushrooms, if desired. Add noodles. Sprinkle with paprika. Bake at 350 degrees for 1/2 hour.

Invite friends. Enjoy.

## NFC North

Team	W-L	GB
Green Bay	10-6	-
Detroit	9-7	1
Minnesota	8-8	2
Chicago	3-13	7

### Recent scores

Minnesota 38, Chicago 10  
Green Bay 31, Detroit 24

*"The road to success is always under construction."*

- Arnold Palmer  
Professional golfer

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## Big northern Pike



This unidentified RTL Employee successfully landed this northern pike at an undisclosed western Minnesota fishery earlier this winter. Despite initially being frightened by the girth of the northern pike, angler was able to land the fish and save his fingers.



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First Quarter 2018  
Volume 9, Issue 1

# A model of the mod rating?

## RTL's MOD rating improved, but injuries increased

Two thousand-seventeen produced more workers working more hours to complete more projects than any year recent history, and yet RTL Construction's safety rating improved from the previous year.

Insurance companies, OSHA and contractors reference a sub-contractor's Experience Mod Rating (EMR) when rating a contractor's safety performance. The EMR is generated from a formula comparing the number of days lost to injury and OSHA citations in comparison to total hours worked.

An EMR starts at 1.0, which is average. Many General Contractors require that a sub-contractor's EMR is below 1.0 in order to bid on a project.

RTL's EMR Rating entering 2017 was .77, which is pretty impressive,

Despite an improvement in its MOD rating, RTL Construction had 28 recorded injuries in 2017, up from 18 in 2016.

but more importantly RTL didn't rest on its laurels. Instead, it continued to emphasize the importance of working safely, resulting in a lowering of RTL's MOD rating to .63 as we enter 2018. This is the good news.

The bad news is that RTL recorded 28 injuries in 2017, up from 18 in 2016. Hours for 2017 increased by 28,000 from 2016, 456,000 vs 428,000.

Those figures indicate that the work is not finished in keeping RTL's workers and its work sites safe. Sixty-

four percent of RTL's recordables for 2017 were individuals that had been with our organization for less than six months, an alarming figure.

A majority of a new hire's orientation centers around working safely, yet somehow the message isn't hitting home. RTL will work harder to help the field recognize when they are working alongside new members of the team, so that we can work to ensure that new faces to our organization understand our expectations, and go home each day fully intact.

# News and Notes

## Super Phun Phacts

Unless you've been off the grid for the last two years, you probably knew that Super Bowl LII (52 for all you non-Romans) took place in Minneapolis on Feb. 4.

The Minnesota Vikings (13-3) were only the fourth team to qualify for the playoffs in a year they host. The others, Miami Dolphins ('94 and '98) and the Houston Texans (2016) were both eliminated in the Divisional round.

Minneapolis last hosted the big game in 1992, when the Buffalo Bills fell to the Washington club 37-24.

The population of the Metro Area was 2.5 million in 1992, compared to over 3.5 million today. Also, at 1.75 million square feet, US Bank Stadium is nearly twice the size of the Metrodome. Also, a 30 second ad cost \$850,000 in '92, compared to \$5 million today.

Also, there were 4,460 hotel rooms downtown in 1992, compared to 8,612 today.

## Enter your time

It's 2018. For years people have left the horses tied up in the barn and taken vehicles to where they go.

Tracking time has also evolved. The days of chasing paper time cards on a Friday are no longer. Computer Ease Time Entry app has made tracking time as easy as a swipe of the finger. But it has re-emphasized the importance of taking two minutes at the end of each day to enter your time.

The grace period is about over for those who need a reminder to enter their time. This is a pretty simple equation – take the time to enter your time to get compensated for your time. It is next to impossible to keep track of 200 people.



## Save big money

From Missouri to Wichita and now Sun Prairie, Wi., RTL Construction has along history of helping people save big money at Menards. Although slowed by cold, RTL Construction is making steady progress on a new Menards store in Sun Prairie.

## How to handle a work-related injury?

If someone is to suffer a work-related injury, proper procedure on the jobsite is a must.

If the situation is an emergency, call "911" IMMEDIATELY.

In non-emergency situations, report all injuries to the job foreman immediately. If the foreman is not available, the job superintendent is next in line. If this not an option, Safety Director Steve Gillman (612.802.7843) should be notified.

If the injury requires additional treatment, the injured party must be accompanied to the nearest

Minnesota Occupational Health clinic, which is posted in the gang box, and Steve Gillman should be notified.

Injured parties are required to complete a post-accident drug screen, and will not be permitted to work until the results are received by the RTL office and found favorable. Also, all clinical documentation must be submitted to the RTL office indicating whether or not the injured is cleared to return to work.



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## Lending helping hands

RTL carpenter Joe Yankton had the opportunity to travel to Corpus Christi earlier this fall to help restore a youth center that was flooded as a result of Hurricane Harvey. Harvey hit Corpus Christi with 130 MPH winds on Aug. 25.

Harvey, a Category 4 storm, was the most costly natural disaster in United States history, leaving \$180 billion of damage in its wake. It left nearly one-third of Houston underwater, the fourth largest city in the United States (population 6.6 million). Twenty four inches of rain fell in the first 24 hours and 51.88 inches were recorded just outside of Houston.

Corpus Christi is on the Gulf of Mexico, about 200 miles southwest of Houston.



Joe Yankton helped restore a youth center in Corpus Christi.

## RTL COOKBOOK

### Good enough for a champ.

OK, maybe your stomach can't handle it, but a Phili Cheese Steak sandwich is a real champion. You'll need

- 1 loaf Italian or French bread
- 1/2 lb ribeye roast
- 1 white onion thinly sliced
- 1 green bell pepper thinly sliced
- 2 teaspoons garlic
- 1/2 lb provolone cheese
- salt and pepper

Cook onion and bell pepper on hot skillet in olive oil, 6 to 8 minutes. Add garlic, salt and pepper and cook for

30 seconds. Push mixture to one side of griddle.

Add meat, cook while continuously flipping meat and shopping until not pink, about 2 minutes.

Mix all together in griddle, divide into 2 portions and cover with cheese.

Slice bread lengthwise and cut in half for 2 sandwiches. Hollow some of the soft white and place face down on top of meat and cheese. When cheese is melted, flop the sandwich and add topping and serve immediately.

### Manage the tools you've been issued

RTL wants you to be equipped with the right stuff to get the job done, and that investment is evident by the tools used on-site.

Each individual is issued his or her own personal tools, as well as a variety of items issued to each job. Hilti OnTrack has made it easier than ever to manage our tool inventory.

Please remember how important

### Make yourself better ... you choose

The Carpenter's union in the Twin Cities also offers a number of training courses throughout the year to help its membership gain knowledge and experience.

A complete list of training opportunities can be found on the North Central States Regional Council of Carpenters website at [www.northcountrycarpenter.org](http://www.northcountrycarpenter.org). Drop down on "Training/Education" at the top of the screen for a complete list of offerings.

These classes are available in the evenings and are offered free

it is to keep track of the tools you've been issued, to make sure you grab all your tools and safety equipment whenever you are moved from one job to another.

If you have any question as to what has been issued to you, please contact your foreman or the office and that information can be provided.

of charge. Call the training center at 651.646.7337 to register.

RTL Construction can arrange classes specifically for RTL employees with a minimum of six participants.

In coming months classes are being offered for ICRA, doors and hardware and welding, among others.

In coming months Stepping up to Foreman, Blue Print reading and I-Pad Basics and Bluebeam are being offered.



### Weekend of walleye makes for nice escape

A pair of unidentified RTL anglers made their way to Lake of the Woods earlier this winter for an extended weekend of pursuing Minnesota's most prized trophy, the walleye. The duo claimed to have landed somewhere near 50 fish during their extended get-away, the sizes of which have varied depending on the timing of their story. Remember, ice is never completely safe, and soon those fish-houses will need to be off the lakes.

*"Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work."*

- Vince Lombardi  
Legendary coach guy



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First Quarter 2019  
Volume 13, Issue 1

# Recordables down, MOD up

## Increase your awareness of your surroundings

While much was accomplished in 2018, RTL Construction left itself room for improvement in arguably its most important arena ... safety.

The company had 16 recordable injuries in 2018, down from 25 in 2017, but lost-time incidents, which weigh much more heavily against a company's MOD score, increased from one to two.

The end result is that RTL Construction's EMR, or MOD Rating increased from .63 entering 2018 to .74 into 2019, more in line with .77 from two years ago. The EMR rating takes data from a three-year window.

Insurance companies, OSHA and contractors reference a sub-contractor's Experience Mod Rating (EMR) when rating a contractor's safety performance. The EMR is generated from

Recordable injuries were down from 2017 to 2018, but time lost was up, and so was RTL's MOD score into the New Year.

a formula comparing the number of days lost to injury and OSHA citations in comparison to total hours worked.

It's all very confusing, but the result is a company's EMR. An EMR starts at 1.0, which is average. Many General Contractors require that a sub-contractor's EMR is below 1.0 in order to bid on a project.

Sixty-four percent of RTL's recordables for 2017 were individuals that had been with our organization for less than six months.

In 2018, five of the recordable

incidents involved stilts.

This was alarming, especially as further investigation indicated that each of these incidents was easily preventable by clearing an area of debris, or ensuring that an individual is comfortable, qualified and experienced enough to be on stilts, and taking the extra time each day to make certain that the stilts are in working order.

Each one of you are eyes and ears of our organization in regards to safety. If you see something, please say something.

## News and Notes

### State of the trade Some figures

Thirty five percent of construction professional's time is spent on non-productive activities including looking for project information, conflict resolution and dealing with mistakes and rework.

The percentage of young construction workers declined by 30 percent from 2005-16. Fifty-two percent of all employees in construction were born between 1960 and 1979, while 32 percent were born after 1980.

Construction has a 21.4% industry wide turnover rate, making it one of the highest of all industries. On average, turnover costs up to 20% of an individual's base salary.

### Resolution

If you're among those that say "bah, humbug" when it comes to resolving to exercise more or lose weight in the New Year, you're crowd is growing.

According to ABC News, 38 percent plan to make this their top resolution, down from 41 percent in 2018. More people are planning on saving money, 37 percent, up six percent from 2018.

One local, albeit informal, poll has 42 percent of Minnesotans looking to exercise more/lose weight, 23 percent looking to travel and 17 percent saving money. Sixteen percent resolve to find love.

### Enter your time

Here's one for you.

You work. You want to get paid for your work.

Then make sure you enter your time every day before you leave the site.



## RTL delivers highly caffeinated effort at MSP airport

RTL Construction continues to have a strong presence at the Minneapolis-St. Paul airport, recently putting the final touches on a Starbucks that is sure to keep even the most hardened traveler alert during their travels. RTL has multiple projects happening day after day, and in some cases night after night.

## Must know - How to handle a job site injury

If someone is to suffer a work-related injury, proper procedure on the jobsite is a must.

If the situation is an emergency, call "911" IMMEDIATELY.

In non-emergency situations, report all injuries to the job foreman immediately. If the foreman is not available, the job superintendent is next in line.

If that's not an option, Safety Director Steve Gilman (612.802.7843) should be notified.

If the injury requires additional treatment, the injured party must be accompanied to the nearest Minnesota Occupational Health clinic, which is posted in the gang box. If clinical attention is required, Steve Gilman

(612.802.7843) must be contacted.

Injured parties are required to complete a post-accident drug screen, and will not be permitted to work until the results are received by the RTL office and found favorable. Also, all clinical documentation must be submitted to the RTL office indicating that an individual is cleared to work.



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## Pneumatics ... a thing of the NOW!!

RTL's drywall finishers at St. Cloud Tech are making use of the company's pneumatic taping machine, and is excited to get some eager hands operating the tool, because it's not a thing of the future, it's a thing of the present. The Apla Tech innovative air (pneumatic) taping tool has a bazooka and boxes attachment, and the pump Provides continuous flow of mud through the tool, drastically reducing the physical strains typically associated with pump action tools. Plus, when used to its capability, can increase your productivity by up to 40 percent.

## Father, son take twin bucks with firearms



An unidentified RTL employee and his son enjoyed a twin killing of similar bucks, potentially twins, during Minnesota's annual firearms harvest of the white-tailed deer. Dad tallied his up as an eight-pointer and indications are that the boy's was a seven pointer. Dad adamantly denies snapping off two or three other points from his son's take. The animals were taken at an undisclosed Minnesota hunting camp.

## RTL WELLNESS GUIDE

### Help yourself ... help your company Additional skills make you more valuable

Upon time of hire all RTL employees are provided a new hire handbook explaining RTL's policies and procedures. Among those pages was an agreement that each employee would be certified in OSHA 10, Scissor/Aerial lifts and scaffolding within three months of hire.

In addition, RTL wants its field staff to be trained in powder actuation, CPR and welding.

RTL is in the midst of a self-audit and will be reaching out to you if you haven't met any of these requirements. The Carpenter's union in the Twin Cities offers a number of training courses throughout the year to help its membership gain knowledge and experience.

A complete list of training opportunities can be found on the North Central States Regional Council of Carpenters website at [www.northcountrycarpenter.org](http://www.northcountrycarpenter.org). Drop down on "current members" at the top of the screen for a complete list of training opportunities.

These classes are available in the evenings and are offered free of charge. Call the training center at 651.646.7337 to register.



Drywall finishers can register for continuing education by calling the apprenticeship office (651-379-9600) or registering online [www.ftium.edu](http://www.ftium.edu).

RTL Construction can arrange classes for its' employees with a minimum number of participants, depending on the course.

Not only are these courses and requirements important to RTL to ensure that its team members can operate this equipment safely and efficiently, but there are also offerings that can grow your skills, and could help you stay busy.

Welding and doors and hardware are just a couple of training opportunities that could expand your pallet.

## Zero equals zero



Remember RTL's winter weather policy is zero equals zero. If temperatures or wind chills fall below zero degrees, zero hours worked outside.

## NFC North

Team	W-L-T
Chicago Bears	12-4
Minnesota Vikings	8-7-1
Green Bay Packers	6-9-1
Detroit Lions	6-10

### Recent Scores

Chicago 24, Minnesota 10  
Detroit 31, Green Bay 0

*"The achievements of an organization are the results of the combined efforts of each individual."*

- Vince Lombardi  
Legendary coach guy





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First Quarter 2020  
Volume 17, Issue 1

## RTL's field hours continue to climb Safety rating still favorable, despite increase from 2018

An Experience Modification Rating (EMR) is what an insurance company will use to price a company's workers compensation insurance premiums.

The average is 1.0. Higher than that and your company is thought to be a risk. Lower than 1.0 and you are less of a risk.

The EMR is affected by the number of recordable injuries, the number of days of lost time in the field, and the total hours worked by all employees.

As you can see by the graph (left), RTL's EMR rating remains favorable. This is good news to RTL, its employees, and to its General Contractor partners that consider safety when awarding projects.

RTL Safety Data			
Year	Recordables	Mod Rating	Hours Worked
2012	4	0.77	283,339
2013	5	0.77	231,034
2014	7	1.07	281,376
2015	9	1.12	285,412
2016	14	1.06	428,753
2017	24	0.77	456,028
2018	17	0.63	502,863
2019	13	0.74	510,000

## News and Notes

### The best of yourself

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Drywall finishers can register for continuing education by calling the apprenticeship office (651-379-9600) or registering online [www.ftium.edu](http://www.ftium.edu).

### Not monkey business

Bananas are one of the world's most popular fruits that happens to come in its own convenient carrying case.

Benefits of our favorite yellow fruit are ample. The natural anti-inflammatory properties of a banana help it function like ibuprofen.

Bananas are also high in glyco-gen which helps muscle recovery. Whether you're a world class athlete or a construction worker these should be part of your diet to help you operate at peak performance.

### Time well spent

Did you work hard today for eight hours? Did you enter your time at the end of the day?

No!

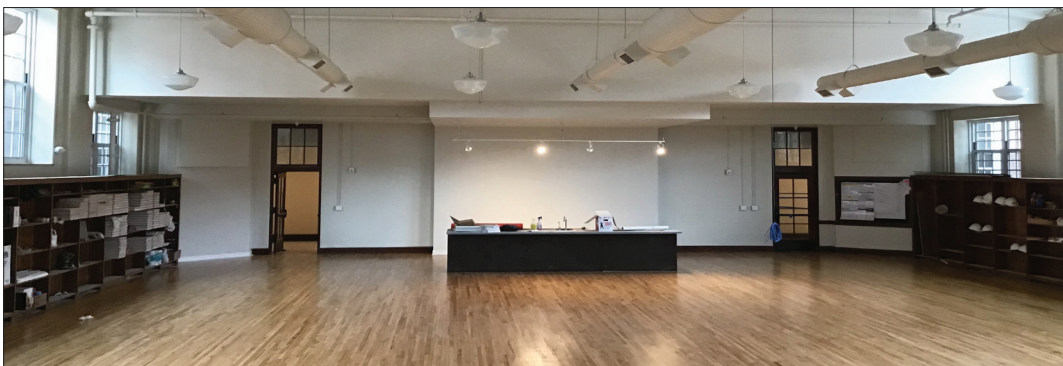
Why not?

Please remember to enter your time before leaving the site each day.



### Rising from Ruins

RTL continues to hammer away on projects throughout the state, from Two Harbors to Grand Rapids to Rochester to Thief River Falls. Nearing completion is a project in New Ulm that converted an old run-down school building into a multi-unit housing facility. RTL workers encountered a run-down, unoccupied building (left), and over a period of eight months helped convert it into a modern day facility for its many occupants (below).



## Do you know how to handle a job site injury?

If someone is to suffer a work-related injury, proper procedure on the jobsite is a must.

If the situation is an emergency, call "911" IMMEDIATELY.

In non-emergency situations, report all injuries to the job foreman immediately. If foreman is not available, the job superintendent is next in line. If not an option, Safety Director Steve Gillman (612.802.7843) should be notified.

If the injury requires additional

treatment, the injured party must be accompanied to the nearest Minnesota Occupational Health clinic. If clinical attention is required, Steve Gilman (612-803-8743) must be contacted.

Injured parties are required to complete a post-accident drug screen, and will not be permitted to work until the results are received by the RTL office and found favorable. Also, all clinical documenta-

tion must be submitted to the RTL office indicating whether or not the injured is cleared to return to work.

Employees should not seek medical attention for a "work-related" injury that was not IMMEDIATELY reported to the foreman, the superintendent or Steve Gillman. If such a situation is to arise, contact Steve Gillman to discuss.



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## SUPT PROFILE

### Meet Tim Sempf



Tim Sempf has been with RTL for 17 years, starting as a journeyman and working his way up to foreman and eventually superintendent, primarily covering the east metro, Wisconsin and the Duluth area.

Tim's favorite part of working at RTL are his coworkers and the bond he's formed with everyone over the years. Tim fishes and hunts in his time off and spends time with his family.

If he could give any piece of advice to an apprentice it would be show up on time, come with a good attitude and work harder than the guy next to you.



### RTL guy Rows the Boat

Little did RTL's Ken Boone know that his long-planned trip to the Outback Bowl in Tampa, Fla. would feature Minnesota's own Golden Gophers. Boone was there to watch his niece perform. He took a day off from being a Los Angeles Rams fan (despite donning a jersey), to Row the Boat along with the Gophers in their 31-24 victory over Auburn.



## Fortune spins at the wheel

Big Price is Right fans, Chad Furey and his wife decided for their anniversary in 2018 that they'd head to Vegas to visit the set of their favorite game show and spin the wheel.

While there they stopped at the Pawn Stars shop, entered a raffle for a three day, four night stay that included a meet and greet with Pawn Stars host Rick Harrison.

Six months later Furey got the call. They'd won the raffle.

They attended the meet and greet, toured the shop, and also visited the sets of cable TV shows WelderUp, Tanked and Counting Cars.



RTL foreman Chad Furey (left) with Pawn Stars host Rick Harrison.

*"Never throughout history has a person who lived a life of ease left a name worth remembering."*

- Theodore Roosevelt  
-26th U.S. President - statesman, politician, conservationist, naturalist and writer

## Scenes from the wild



(Left) A moose came within 10-foot of RTL's Levi Potter while he was hunting from a ground blind in northern Minnesota. (Below) Dylan Blickem took his first buck during the firearms season. The eight pointer was taken from an undisclosed southern Minnesota deer stand.

