



(952) 934-4695
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Safety is priority one



RTL Construction will introduce a new “zero tolerance” policy for fall protection.

Powder actuator training coming soon ...

Powder-actuated nailers (ramset guns) are charged by a .22 caliber safety cartridge, each round creating enough force to drive a hardened nail into steel or concrete. The typical powder-actuated tool used in construction releases the nail at a velocity approaching 500 feet per second.

This technology was developed during WWII for the United States Navy to temporarily repair damage to ships by fastening steel plates over the damaged areas.

Because of Australia’s strict firearms laws, owners in Australia need to register their tools, and operators need to be trained and licensed.

Look for further training on powder-actuated tools after the first of the year. Until then, treat the tools as you would a firearm - wear goggles and hearing protection, handle with respect and safety, never leave tools loaded and never point a loaded tool at another person.

RTL to introduce new fall protection standard

There is nothing that we do worth compromising yours’ or a co-worker’s safety.

After the fall at the Minnesota Vikings new stadium left one worker dead and another seriously injured, RTL Construction is raising its standard on fall protection. The new standard will be a “zero tolerance” policy on workers who fail to utilize fall protection when working at a height greater than six feet.

Failure to comply will result in immediate termination, and reinstatement only upon

“Most importantly, protect the number one asset of RTL, the employees that work here.”

Steve Gilman
Safety Director

completion of OSHA 10 and fall protection training offered through the union.

Employees are required to attend one of three sessions, Oct. 19th, Oct. 20th or Oct. 27th at 1:45 p.m. at RTL’s shop. Employees will be equipped with a harness and lanyard at the time of the training.



There are many uses for powder actuated fasteners in the field. RTL Construction will provide further training sometime after the first of the year to further ensure safe practices when using these high powered tools.

News and Notes

Get your flu shots

Flu season can begin as early as October and last into May. One way that you can reduce your chances of getting seasonal flu and/or spreading it to others is to get a seasonal flu vaccine, either through a shot or a nasal spray. At minimum increase your vitamin C intake.

Deer hunting safety

The DNR is expecting that hunters will see more deer this year, in part a result of 2014 when Minnesota had its most conservative hunting season in 20 years. Expect the same this year, as most parts of the state have a one deer per hunter limit. Last year’s harvest was 139,000, the lowest in 20 years.

Halloween fun ...

From the Celtic holiday of Samhain evolved what we know as Halloween. More than 2,000 years ago, the Celts believed that the dead could walk among the living during this time. Keep an eye out for those little trick-or-treaters. Use crosswalks, minimize distractions and make that dental appointment.

NFC North update

The Green Bay Packers (4-0) cling to first place in the NFC North like their fans cling to a wedge of cheese. The Minnesota Vikings have been humbled twice, resting 2-2 and awaiting a bye week. The first of two matchups between the Purple-Helmeted-Horned Warriors and the “G” Stamped Yellow Hats is Nov. 22 in Minnesota.

Christmas party

RTL’s 19th Annual Fall/Holiday Dinner is scheduled for Saturday, Nov. 21 at the Wild’s Golf Club in Prior Lake. No word yet on whether venison will be on the menu. More details to come.



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Coming soon: Lift training

Know what you're doing!

Much of the work that is performed in the field is done from an aerial lift. That is why keeping current on your training is of most importance.

RTL Safety Director Steve Gillman could very well be contacting you in the near future to remind you that you need to update your training.

In the meantime, here are five simple things to remember when using an aerial lift -

1) Stabilization- lift must be on firm level surface (unless outside) away from hazards that can cause instability, such as drop offs and holes.

2) Fall protection- lifts must have guardrails installed to prevent workers from falling.

3) Positioning- lift has to be at least 10 feet away from electrical power-lines.

4) Maintenance- all lifts need to be inspected daily prior to use. (including water level in the batteries)

5) Training- any person using an aerial lift must be trained on how to use the equipment.



Aerial lifts are used for both interior and exterior tasks by RTL field staff. Some of you will be contacted soon as a reminder to update your training. In the meantime, use extreme caution when operating and occupying these useful tools.

News and Notes

Holiday planning

RTL Construction's annual Holiday Party will be held on Friday, November 19 at the Wild's Golf Club in Prior Lake. Social hour will begin at 5 p.m. with a buffet style meal starting around 7 p.m. Good cheer will be available for all. Look for an invite soon.

Please RSVP promptly to Carlie (952-934-4695) on how many will be attending.

Pigskin gobblers

In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states.

It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

The football tradition dates back to the turn of the 20th century. The Detroit Lions have played on Thanksgiving Day every year since 1934. This year they will entertain the Minnesota Vikings. The Vikings are 5-1 all time on Thanksgiving, having defeated Detroit 27-0 in 1969, 23-0 in 1988 and losing 44-38 in 1995. The Vikings are 3-0 against Dallas on Thanksgiving, winning 44-38 (ot) in 1987, 46-36 in 1998, and 27-15 in 2000.

First aid safety

If you find a First Aid Kit low on supplies, it is very important to remind your Superintendent or Foreman so the supplies can restocked with those things you'll need to handle all of your immediate care needs.

Experts predict Cold Man Winter will rear ugly head

Winter officially begins on Dec. 21, but snow and cold are predicted in mid-November for the upper mid-west. The cold temperatures will subside for a spell, but Feb"brrrrrrrrrr"ruary is expected to deliver the goods. Some report that ambient air temperatures could get as low as 40 degrees below zero.

Reminder that RTL's cold weather rule is zero equals zero, meaning simply that if air temperatures or wind chill temperatures are zero or below, no exterior work will commence that day.



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Stop, don't react

If you find yourself in a situation with a broken down or immobilized lift, use great care in fixing the situation.

If you stop and ask yourself "is this the right thing to do?" You've probably answered your question. Lift repairs are extremely costly.



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Reports have been positive on the new Hilti screw magazine (right) that are gradually being replaced in the field. The new magazine requires little adjustment when using different size screws.

New screw magazines getting thumbs 'up' and high fives

The new Hilti screw magazines attach to the screw gun in the same manner as the old one, the difference is in the way the magazine feeds the screws. The new screws come on a rigid strip which are fed straight into magazine.

While the old strips had 50 screws, the new will have only 25.

This will result in more frequent reloading, however, these strips can be carried in your bags, and the new head doesn't require that you set screw length. The head will automatically adjust for this and you just need to fine tune the depth setting.

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 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, 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.

*"A pessimist sees the difficulty in every opportunity;
an optimist sees the opportunity in every difficulty."*

- Winston Churchill
Prime Minister, United Kingdom

RTL COOKBOOK

Duck, duck good duck

Excellent recipe. A tip for those who want to eliminate the "wild game" taste as much as possible is to soak the duck breasts in salted ice water for about an hour before using. I suggest about a Tablespoon of salt per quart. Make sure to use ice water as it will draw out blood. Then rinse the breasts thoroughly and quickly pat dry with paper towel before adding to the marinade. This recipe is a keeper!

- 1/4c Worcestershire
- 2 tablespoons olive oil
- 1/2 teaspoon hot sauce
- 2 tablespoons minced garlic
- 1/4 teaspoon black pepper
- 8 skinned/boned duck breast halves

- 1) Stir together worcestershire sauce, olive oil, hot sauce, garlic and pepper. Add the duck breast and toss well to coat. Cover

and marinate in the refrigerator for at least 30 minutes to overnight.

- 2) Preheat grill for medium high heat

- 3) Grill the duck to desired doneness, about 5 minutes per side for medium well, depending on the size of the breast and temperature of the grill.

- 4) Serve
- 5) Eat.

RTL Man fells caribou

An unidentified RTL employee felled this Caribou while hunting at Brooks Range, about 200 miles northwest of Fairbanks, Alaska. The animal was taken from 130 yards with a Browning A-bolt 30-06.



NFC North

Team	W-L	GB
Minnesota	5-0	-
Green Bay	3-2	2
Detroit	3-3	3
Chicago	1-5	4

Recent scores

Dallas 30, Green Bay 14
Jacksonville 17, Chicago 16
Detroit 31, LA Rams 28

Election '16

National, state and local ballots will be cast on Nov. 8. Find your local polling place and make sure you're registered to vote, and exercise that right.





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Silica enforcement is at hand

New standards in place in June, enforced Sept. 23

Not only did that date bring the beginning of the Minnesota duck hunting opener, it also is the start of the MN OSHA enforcement of the new silica standard. Along with it being overly hot with a ton of mosquitos trying to extract the life blood from eager hunters, so too will MN OSHA be hot to extract information from construction workers trying to comply with the new standard that has been put in place.

And the information that they will be looking for are your knowledge of the "action level" of 25 micrograms per cubic meter, and that the PEL (permissible exposure level) of 50 micrograms per cubic meter.

What is and where is your respirable silica plan located? What information is in it? Knowing that the competent person is an individual who can identify foreseeable silica hazards. Understanding that the word HEPA is an abbreviation for High-efficiency particulate air filtering system. All of these are things that have been covered in the silica training that you have received, and if for any reason you are a little bit sketchy on understanding this information or have any questions please feel free to contact Steve Gillman at 612-802-7843.

In June, RTL Construction went the

extra mile and performed the required air monitoring to help gain an understanding of silica exposure on site, and the exposure levels for routine tasks performed by RTL employees were relatively low. Still, measures have been put in place to further control silica exposure.

Silica is a mineral found in many construction materials, such as sand, concrete, stone and mortars. Inhaling small silica particles causes diseases like silicosis, an incurable lung disease that can lead to disability and death. Silica also causes lung cancer, COPD, and kidney disease.



A soffit factory

RTL Construction's craftsmanship was on full display at the Cheesecake Factory restaurant in Minnetonka.

Full head of steam

Construction on the new RTL headquarters has commenced in full force. The new facility is expected to be in full operation before next spring. The new facility features 30,000 square feet, and will help RTL continue to grow in terms of market share and efficiency. The new shop is located just a short distance from the existing facility. Paneled walls continued to go into place last week, and the roof should start to take place throughout October.



News and Notes

25th Anniversary

RTL Construction's annual Holiday Party will be held on Saturday, November 18 at the Wild's Golf Club in Prior Lake. Social hour will begin at 5 p.m. with a buffet style meal starting around 7 p.m. Good cheer will be available for all. Keep a watchful eye for a formal invite, coming your way soon.

Please RSVP promptly to Carli (952-934-4695) on how many will be attending.

Warm up to winter

One popular, long-standing and reputable forecasting outlet makes a bold prediction ... Winter will be warmer than normal.

Experts expect the coldest periods to occur in late November, early and late December, early January and early February. Also, predictions are for snowfall amounts to be below average, with the snowiest periods the second half of December.

Reminder that RTL's cold weather rule is zero equals zero, meaning simply that if air temperatures or wind chill temperatures are zero or below, no exterior work will commence that day.

Ideal harvest moon

Some have theorized that the second full moon after the autumn equinox is believed to trigger the peak in rutting activity among the coveted white tail deer. This year's "Rutting Moon" is expected earlier than last year, falling on Nov. 4 compared to Nov. 16 in 2016.

Last year's total white tail deer harvest for firearms, archery and muzzleloader was 173,213, up from 159,343 in 2015 and the highest total since 2012. Those numbers are well short of the 290,525 mark in 2003, the highest in the last 22 years.



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Feller of fowl

This unidentified RTL employee had a solid opening week-ending felling the fowl at an undisclosed southern Minnesota wetland. Included in the take were four teal, five wood ducks, six mallards and a spoon bill. Trusty companion Gage was the had a solid afternoon retrieving the felled fowl.

Hall offers bevy of training

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. 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

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.

NFC North

Team	W-L	GB
Detroit	3-1	-
Green Bay	3-1	-
Minnesota	2-2	1
Chicago	1-3	2

Recent scores

Detroit 14, Minnesota 7
Green Bay 35, Chicago 14

A) Don't get Injured?

B) If you do, do this...

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.

Getting on track with On!Track

As many of you have all seen RTL's tools have been barcoded to make tracking inventory of these items easier.

The best part is that your foreman and superintendent have the ability to scan a tool and can tell you to who or which job site the tool belongs.

Make sure to utilize this feature

of the system if you are ever concerned that you or your buddy have gotten your tools mixed up.

And also for the RTL foreman please remember to do a bi-weekly job site tool inventory. If you don't remember which week is yours to do, call your superintendent.

HOW TO COOK A TURKEY

With Thanksgiving comes the annual feast. Many will enjoy traditional fare ... turkey, stuffing, mashed potatoes, green bean casserole, pumpkin pie. We asked some how they would go about preparing the centerpiece of that Thanksgiving sit-down, the turkey.

First you shoot the turkey. Second you preheat the oven. Third you add flavor flakes to the turkey. Fourth you put it in the oven for 5:30. Fifth you take it out. Sixth you put seasoning on the turkey. After putting seasoning on it then you need to add a tad of salt. Supplies: flavor flakes, oven mitts, seasoning, oven, pans and salt.

- Mike Dose

First you need a turkey. Then you need two 5-gallon tubs of peanut oil. Then you inject the turkey with Cajun seasoning. Then you deep-fry for about 45 minutes. Slice and enjoy.

- Jeff Rensch

First step: you have to wash the turkey. Second step: You put the stuffing inside the turkey. Third step: rub the turkey with olive oil. Fourth step: put the stuffing in the turkey. Fifth step: Carefully put the turkey in the pan. Sixth step: Now put the turkey in the oven and put it on 150 degrees. Change it overnight to 120 degrees.

- Blaine Zitzloff

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"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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From footings to front door

From last fall's ground-breaking through a full 12-month construction cycle, the cement is cured and the paint dry, and the RTL operations officially relocated to its new office and shop at 290 Sarazin Street in Shakopee in September. The offices ceased operations around noon on Thursday, Sept. 27, loaded up the server and

phones and computer monitors and were up and running again before day's end.

Appreciation abound to the diligent field staff for their patience during the transition, and ideally there were few recognizable glitches during the transition.



We've moved! RTL Construction took occupancy of its new building on Sept. 27.



Cell phones in hand prove costly

Phones hurt production, and could hurt you, too

Cell phones are powerful tools. When used appropriately then can provide instant access to information, family and friends.

But when used at the wrong time and in the wrong manner, they can be a dangerous distraction that can get us in trouble at work, costing your company valuable production, money, or worse yet, cause serious injury.

True story. Forklift driver. He kept his phone with him one day because his wife was going to find out if they were having a baby boy or baby girl. His phone beeped as he was moving a stack of pallets.

As he looked for the news, a co-worker stepped in front of the forklift, was struck and killed.

"I didn't see him until I heard him shout," said the driver.

A recent poll by the NY Post indicated that employees spend as much as 42 minutes on personal communications at work per day.

If 100 employees spend 30 minutes per day on their devices, that 50 hours costs your company approximately \$3,250 a day (based on \$65 per hour). That's \$16,250 a week, \$195,000 a month, and \$2.3 million annually.

For your benefit and others, put the phones away.



Employees spend as much as 42 minutes a day on personal communications. If 100 employees spend 30 minutes a day, it can cost your company \$2.3 million annually in lost production.

News and Notes

Mark your calendar

RTL Construction's annual Holiday Party will be held on Saturday, November 17 at the Wild's Golf Club in Prior Lake. Social hour will begin at 5 p.m. with a buffet style meal starting around 7 p.m. Good cheer will be available for all. Keep a watchful eye for a formal invite, coming your way soon.

Please RSVP promptly to Sam (952-934-4695) on how many will be attending.

Dueling almanacs

National Weather Service and Old Farmer's Almanac are predicting a mild, gentle winter. Farmer's Almanac is saying "totally wrong."

The Farmer's Almanac's long range formula has used mathematical and astronomical inputs since 1818, and is pointing towards a very long, cold and snow-filled winter, with "teeth chattering cold" and "plentiful snow."

The Old Farmer's Almanac says a milder-than-normal forecast is due to a decrease in solar activity and the expected arrival of a weak El Nino that will prevent cold air masses from lingering in the north.

Oh, Deer ...

The biggest white-tailed deer recorded in Minnesota was a 500-pound buck ... A whitetail's home range is about 1 square mile. There are nearly 500,000 firearms deer hunters in Minnesota.

Last year, 35 percent of Minnesota firearm hunters successfully harvested a deer. About 53 percent were antlered bucks ... 70 percent of Minnesota's firearms deer harvest typically occurs during the first three or four days of the season.

The average hunter spends five days afield during Minnesota's firearms deer season.



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Green with healing

River's Edge Hospital in St. Peter provided a colorful burst of green against a morning sky as workers kick-started themselves for another busy work day. The structure won't be green forever, and ultimately the patients that visit will leave the facility having the color returned to their face.

Luncheon is no downer Man betters self, becomes big winner

If you think continuing education training in your trades doesn't pay, think again. RTL drywall finisher Robert (Bob) Downer had a big payday at the luncheon celebrating those that completed the Ames Tool Certification training class.

Downer won a night's stay at the Radisson Blue, a spa visit, an evening at the Woodfire Grill and a

Visa card total value of which was \$1,350. More than 700 people attended the luncheon.

RTL finisher Noah Zachman won an air compressor.

While these RTL contributors were big winners, others took home a Ford F-150, an 18' Alumacraft boat and trailer, and an Indian Motorcycle.

Wake up!!

Daylight saving time ends on Nov. 4 this year, meaning clocks will be turned back from 2 a.m. to 1 a.m. that morning.

Daylight saving time was pushed to the first Sunday in November in 2007, adding four weeks to the total.



"The sum of all our yesterdays will not equal what you can accomplish tomorrow if you focus on your purpose."

- Unknown

SPORTS AND OUTDOORS



Baseball season finally ending

The Major League Baseball playoffs have advanced to the championship series.

The Los Angeles Dodgers and Milwaukee Brewers are contending in the National League, while the Boston Red Sox and Houston Astros compete for the American League Pennant.

If the Astros and Dodgers make it to the World Series, it'll be the

first rematch since 1978, when the Dodgers lost to the New York Yankees in consecutive seasons.

Boston looks to return for the first time since winning the title in 2013, and the Brewers haven't played in the World Series since 1982.

The Astros defeated the Dodgers in last year's Fall Classic.

Accomplished RTL angler out-fished

An accomplished yet unidentified RTL Angler was out-fished earlier this fall on a nice get-a-way to an undisclosed northern Minnesota lake.

The couple scored multiple 14" crappies and enjoyed some solid walleye fishing, netting many of the state's open water prize well over 20 inches.

There were no hard feelings among the couple, as they had agreed beforehand that they'd clean their own fish.



Success was about for an unidentified RTL angler and his bride at an early fall escape to an undisclosed Minnesota fishery. As open waters freeze remember that ice is never safe.



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Recent scores
Boston 8, Houston 6
Green Bay 33, San Francisco 30



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Fall protection in one of three steps

There are many methods to guard yourself from that fall

Fall Protection at RTL is something that we deal with every day.

It can sometimes be complicated, and other times be as simple as putting on a harness and connecting it to an anchorage point. There are many different measurements to remember, but the measurement you need to remember the most is 6-feet.

At any point when you are working above 6-feet you need to protect yourself from falling. There are many different ways to achieve this, and if you don't know how, you need to ask.

MEANS AND METHODS

Guard rails – guard rails are typically built out of 2x4's. They need to be able to withstand 200 lbs. of force, with a toe board from the ground up to 4"; a midrail at 21"; and a top rail at 42". Upright posts holding the rails can only be a maximum of 8' apart.

Harness and lanyard – The harness and lanyard need to be inspected daily for rips or tears.

The lanyard can be the typical, retractable, or a vertical lifeline and rope grab. Each of these need to be inspected each day prior to use.

Anchorage point – The different types of these are a roof plate, beam clamp, beam strap or the mobile fall arrest cart. Any anchorage point that you use needs to be able to withstand 5,000 lbs. of force.

If you have questions about fall protection on your site, ask your foreman. If they don't have the answer call the office and ask to be put in contact with the safety director, Steve Gillman.

Your safety is RTL's main concern.

News and Notes

Take your best shot

If you're looking for an opportunity to hang with some RTL team members without your tool bags, RTL is looking for individuals interested in a Trap Shooting night.

Interested individuals can gather at the RTL Shop on Wednesdays after work and take some shots using the computerized trap shooting simulator.

Frequency of the events would be determined by interest. Call the office to express your interest, 952-934-4695, or talk to your Supt.

Celebrate good times

RTL will be celebrating 27 years!

RTL Construction's annual Holiday Party will be held on Saturday, Nov. 23 at the Wild's Golf Club in Prior Lake. The evening will include a social hour and buffet style meal.

Good cheer will be available for all.

Look for an invite soon and please RSVP promptly (952-934-4695).

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.

Call 'em back

Cell phones are powerful tools. When used appropriately they can provide instant access to information, family and friends.

But when used at the wrong time and in the wrong manner, they can be a dangerous distraction that can get us in trouble at work, costing your company valuable production, money, or worse yet, cause serious injury.



What's going on?

From mental health facilities in East Bethel (Cambia, top left) and Willmar (Child Behavioral Services, bottom left), to a justice center in Wright County (top right), RTL Construction continues to set the pace on projects all over the Twin Cities and out-state Minnesota from Fargo and Thief River Falls to Mankato and Rochester.

Turn back time

Daylight savings will commence on Sunday, November 3. At 2 a.m., clocks will be adjusted to 1 a.m.

An easy way to remember is to "spring forward" in the spring, and "fall back" in the fall.



Forecast calls for winter

The *Farmer's Almanac's* long range formula has predicted weather since 1818, and says this winter's temps will be so up and down it may remind you of a "polar coaster."

The *Old Farmer's Almanac* says winter temperatures will be above normal, with the snowiest periods in early and mid-January, early February, and early and mid-March.



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SUPT PROFILE

Meet Al Stonelake



Al's been with RTL for 12 years, with some time spent in the oil fields of North Dakota as a field rep doing sales and service for drilling rigs between 2011-16.

Al's favorite part of working at RTL is the time spent with the guys, he says the people that he gets to work are the reason why he stays.

Outside of work Al likes to bicycle, goes between 30-40 miles every day, and hang out with his wife and six kids.

Al spent eight years as a foreman before taking the role as Superintendent.



ALDS ~ BY THE NUMBERS

AL Central

The Minnesota Twins won the American League Central Division crown and will square off with the New York Yankees in a best of five playoff series. Here are some highlights of the Twins season ...

307 - Homers by the Twins this season (MLB record)

5 - Twins with 30+ homers this season (MLB record)

101 - Twins wins, 2nd in club history (1965)

15 - age of Twins pitcher Jose Berrios the last time the Twins and Yankees met in the ALDS.

Team	W-L	GB
Minnesota	101-61	-
Cleveland	93-69	8
Chicago White Sox	72-89	28.5
Kansas City Royals	59-103	42
Detroit Tigers	47-114	53.5

Recent scores

Kansas City 5, Minnesota 4
Bears 16, Vikings 6

Safety dos, and safety don'ts



Top - This warning flag should be at minimum 15-feet from the leading edge (or fall hazard). **Left** - A transition in walking surfaces greater than 18-inches requires steps or a ladder, as pictured. **Above left**, when using "house power" a portable GFCI is required, as pictured above right.

"What are we at the park for except to win? I'd trip my mother. I'd help her up, brush her off, tell her I'm sorry. But mother don't make it to third."

- Leo Durocher

- MLB Manager, 2008 career wins, 10th all-time

Please listen at reasonable volume

Listening to music while working can be a great way for people to stay motivated throughout the day, but yet can be very dangerous. Loud radios and earbuds can be a dangerous distraction on an already loud jobsite.

RTL's insurance company recently advised us to discontinue the use of radios and earbuds altogether after one of its inspectors witnessed potential hazards on our sites.

RTL will be taking the stance of still allowing radios and earbuds under following guidelines -

- Radios need to be at a volume to where talking can be heard without having to raise your voice.

- Only one earbud at a time. This allows the user to hear alarms from equipment around them.

Non-compliance could result in a complete ban of radios and earbuds.

Make yourself more valuable

A complete list of training opportunities offered by the Carpenter's union can be found on the North Central States Regional Council of Carpenters website at 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 of charge. Call the training center at 651.646.7337 to register.