



# *the* OUTRIGGER

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R. Baker & Son Magazine  
*Disabled Veteran Owned and Operated*

## **R. BAKER & SON: Why We Believe We're Your Best Choice**

There are choices of industrial contractors available in the market, but none compare to R. Baker & Son. OK, sure, we'll admit it: we're biased. But, as they say, the proof is in the pudding: our vast expertise, experience, safety record, customer satisfaction, state-of-the-art equipment, awards, training, and work ethic all speak for themselves.

The team at R. Baker & Son consists of the most knowledgeable rigging, dismantling and demolition professionals in our industry today. All of our Safety and Project Managers have a minimum of 20 years industry experience. We approach every project with full commitment to professionalism, providing our customers with the technology and expertise each project requires while maintaining the safety, quality and personal care we're known for.

R. Baker & Son has won numerous awards and garnered frequent recognition from a variety of industry organizations, publications, and programs. We are one of the safest industrial contractors in the U.S., celebrating over five years with no incidents and involved with more OSHA VPP projects than any other contractor. Our training, incentives and project procedures always include, at minimum:

- 30 hours of OSHA Safety Training
- 40 hours of Hazmat Training
- 40 hours of HAZWOPR Training
- Fully-certified equipment operators
- Full Time PE & Safety Officer
- Employee Safety Incentive Program
- Employee Quality Award Program
- Daily JSA and STA cards on project sites
- Hazardous Assessment Survey
- Engineered Rigging & Work Plans



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## INDUSTRY BUZZ: BIM (Building Information Modeling)

Building Information Modeling, or BIM, is an intriguing new approach in generating and managing building data that has captured attention across the design and construction industries. BIM is a methodology that utilizes 3D, real-time modeling technology to coordinate a building's data, from its design and construction through the duration of its life cycle.

With BIM, every precise detail related to a building is in one place. Building details – design, document production, construction planning, performance predictions and cost estimates, etc. – are simplified, streamlined, and readily accessible. When a change is made, BIM automatically updates every trickle-down detail; errors and information loss that commonly occurs when a project is handed from designer to contractor to owner is virtually eliminated, saving time, improving efficiency, and reducing costs.

Though not yet widely utilized, BIM is being touted as the future of building design and construction methodology. R. Baker and Son, for example, could utilize BIM on a rigging or demolition project to visualize the building and its equipment in 3D. This would greatly simplify logistical details and allow easy detection of problems.

You can see a demonstration of BIM on youtube: type in (autodesk revit BIM).



## Third Giant Tunnel Under NYC

**You may have been to Broadway, Little Italy or Central Park, but do you know about the giant Water Tunnel No. 3 project under New York City?** It is the largest capital construction project in the city's history, and one of the most complex engineering projects in the world today. The tunnel is being constructed by the NYC Dept. of Environmental Protection. The main purpose of the tunnel is to provide NYC with a third connection to the upstate water supply. Upon completion, the tunnel will be more than 60 miles long at a cost of about \$6 billion.

Construction began in 1970 and will be completed around 2020. There are many stages to the tunnel construction, including multiple valve chambers. The men and women working on the project are referred to as "Sandhogs", a name derived from the Brooklyn Bridge foundation crew. The tunnel is approximately 600 ft. below the surface and between 10 and 40 ft. wide.

Tunnel No. 3 will not replace tunnels 1 or 2, but will help to increase water flow significantly. It will also allow NYC to shut down, inspect, and repair Tunnel No. 1 (finished in 1917) and Tunnel No. 2 (finished in 1936), which have been running continuously since completion.

To learn more go to <http://www.youtube.com>, type in NYC tunnel#3



Congratulations to R. Baker & Son's most recent Quality Award winner: **John Malley**

The Award Program has been established to recognize individuals who have contributed to R. Baker & Son's growth and success for their outstanding achievements in safety, project execution and customer satisfaction above and beyond the call of duty.

## THINK GLOBALLY, ACT LOCALLY

Charities around the country and around the world have seen a decline in contributions. The call to give to others is greater than ever. Change can only happen when everyone gets involved.

**“Charity”** does not just mean donating money. Giving can take on many forms. Here are just a few examples of what you can do: get involved with a cleanup of a local wildlife area; become a Big Brother or Big Sister to a child who needs a mentor; volunteer at your local hospital, EMS, or fire department; build homes with Habitat for Humanity; volunteer at a soup kitchen – and bring your kids.

Not only do these organizations benefit, you benefit from the feeling you get knowing you have helped someone in need. It is human nature to help other people; we just need to make the time to do it.

R. Baker & Son encourages you to get involved however you can. Some of our recent donations and pledges:

- ❖ **Project Hospitality**, benefiting the hungry, homeless, destitute, ill, and working poor of Staten Island.
- ❖ **Junior Achievement**, an organization dedicated to inspiring and preparing young people to succeed in a global economy.
- ❖ **Lunch Break**, assisting members of the community in the Red Bank, NJ, area who have found themselves unable to provide adequately for themselves and their families.
- ❖ **Big Brothers and Big Sisters**, of Monmouth county.



## OSHA QUICK CARD

### HEAT STRESS

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

#### Factors Leading to Heat Stress -

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for

hot workplaces.

#### Symptoms of Heat Exhaustion -

- ◆ Headaches, dizziness, lightheadedness or fainting.
- ◆ Weakness and moist skin.
- ◆ Mood changes such as irritability or confusion.
- ◆ Upset stomach or vomiting.

#### Symptoms of Heat Stroke -

- ◆ Dry, hot skin with no sweating.
- ◆ Mental confusion or losing consciousness.
- ◆ Seizures or convulsions.
- ◆ Welding, gasoline powered

pumps.

#### What to Do for Heat-Related Illness -

- ◆ Call 911 (or local emergency number) at once.
- While waiting for help to arrive:
  - ◆ Move the worker to a cool, shaded area.
  - ◆ Loosen or remove heavy clothing.
  - ◆ Provide cool drinking water.
  - ◆ Fan and mist the person with water.

For more complete information visit the OSHA web site or call OSHA: [www.osha.gov](http://www.osha.gov) 800-321-OSHA