

THE SCUTTLEBUTT

Volume 1, Issue 2

THE CEO HAS A WORD (SCOTT JOHNSON)

Issue number 2 is already here, due to the great efforts of Dan Simpson. It has been an exciting year so far. Our second quarter has been very busy. A few of the highlights are noted below.

Our project in Middletown, Connecticut is winding down from a peak of over 40 to now only a couple of people left cleaning up the paperwork. The team brought a large, two unit, multi-fuel, combined cycle facility up to full load, tested and then turned over to the Owner very quickly, under very difficult conditions. A phenomenal job by all.

Our projects in Elkton, South Dakota, Middletown, Ohio and Edwardsport, Indiana are well under way and the crews are expanding. Additionally, many of our large, repeat customers have extensive backlog for the rest of this year and next year with a substantial need of our support. The workload in our startup

and commissioning areas both managed startups and consulting, looks very busy for the foreseeable future. We look forward to continuing to lead our industry forward.

Our Industrial Cleaning Company, Bluewater Energy Industrial Cleaning Services, continues to grow with the addition of a new Operations Manager, Jimmy Murphy. Jimmy brings a wealth of industrial cleaning experience related to all types of projects, including large coal facilities. He currently is in the process of moving into the corporate office. Welcome aboard. Also, we are currently in the process of establishing a large, industrial warehouse near our corporate office to house Cleaning Services. Dina is looking forward to getting at the forklift to move all the files around, after Dan does forklift training.

Our safety program continues to expand. Dan has been making a number of site visits to

work with our site teams and also work with our clients to ensure our personnel are in the best environment that they can be and are the safest in our industry. Additionally, in his spare time, Dan has developed a much enhanced and user friendly, safety training program for our site personnel. The program will greatly enhance our ability to get information and training to our personnel, including the individuals that may be the only Bluewater person on a site. We are excited to get this going, again leading the way in our industry.

With that, I thank everyone for their efforts and look forward to a busy and exciting rest of the year.

Inside this issue:

A Word from the CEO	1
Training Update	1
A Bricklayer's Story	2
State Tax Information	2
Art of Defensive Driving	3
What's Going On	4
Hydrate or Die	5
Heat Stress Info	6

Training Update

Our training web link is nearing completion. Soon you will be able to sign in and review all the required training. This will be excellent for some of the smaller work sites that we man. During the training session, you will have the opportunity to voice any safety concerns that you may have

about your project. The training will consist of "The Right to Know" Hazard Communications, LOTO, Confined Space, and many more topics. We are looking forward to rolling this out soon, but until that time, Please feel free to contact the BES Safety

Manager, Dan Simpson at 678-594-2058 or Dsimpson@bwes1.com



"A Bricklayer's Accident"

Dear Sir,

I am writing in response to your request for addition information in Block 3 of the accident form. I put "poor planning" as the cause of my accident. You asked for a full explanation and I trust the following details will be sufficient.

I am a bricklayer by trade. On the day of the accident, I was working alone on the roof of a new six story building. When I completed my work, I found that I had some bricks left over which, when weighed later were found to be slightly in excess of 500 lbs. Rather than carry the bricks down by hand, I decided to lower them in a barrel by using a pulley, which was attached to the side of the building on the sixth floor. Securing the rope at ground level, I went up to the roof, swung the barrel out and loaded the bricks into it. Then I went down and untied the rope, holding it tightly to ensure a slow decent of the bricks. You will note in Block 11 of the accident report

form I weigh 135 lbs. Due to my surprise at being jerked off the ground so suddenly, I lost my presence of mind and forgot to let go of the rope. Needless to say, I proceeded at a rapid rate up the side of the building.

In the vicinity of the third floor, I met the barrel which was now proceeding downward at an equally impressive speed. This explains the fractured skull, minor abrasions and the broken collar bone, as listed in Section 3 of the incident report form. Slowing only slightly, I continued my rapid ascent, not stopping until the fingers of my right hand were two knuckles deep into the pulley. Fortunately, by this time I had regained my presence of mind and was able to hold tightly to the rope, in spite of beginning to experience a great deal of pain. At approximately the same time, however, as you can imagine, I began a rapid decent, down the side of the building. In the vicinity of the third floor, I met the barrel coming

up. This accounts for the two fractured ankles, broken tooth, and several lacerations of my legs and lower body.

Here is where my luck begins to change slightly. The encounter with the barrel seemed to slow me enough to lessen my injuries when I fell into the pile of bricks and fortunately only three vertebrae were cracked.

I am sorry to report however, as I lay there on the pile of bricks, in pain, unable to move, I again lost my composure and presence of mind and let go of the rope and I lay there watching the empty barrel begin its journey back down onto me. This explains the two broken legs.

I hope this answers your inquiry.



State Tax Information

You hear it on the news constantly, the states are broke! Many are billions in debt to the federal government. What does that mean to you? As a non-resident employee, many states are now requiring you to help fill the coffers. Most states have legislation already on the books requiring tax dollars for all work performed within their boundaries, and most are actively enforcing that law. For those of you who live in states without a withholding tax, liability still exists. You may wonder how the states will find out. When you are set up in ADP, we must put a state code for unemployment, or a SUI code. That code shows where the work was performed. The states then correlate the tax payment with the SUI code. While there are several states without a withholding form (they use the Federal withholdings) there are only 9 states with no state withholding tax: Alaska, Florida, Nevada, New Hampshire, South Dakota, Tennessee, Texas, Washington, and Wyoming. If you work in these states but reside in a state with a state tax for withholding, you will have to be set up to your home state. The good news: the states do have forms in place to apply the credit from one state to the other.

HUMAN RESOURCES

MOBILE APPS: You can now view your paycheck on your smart phone! If you have an iPhone (3G, 3GS, or 4iOS 3.1.3 or higher), iPad (1 or 2 iOS 3.1.3 or higher), iPod Touch (3rd or 4th generation iOS 3.1.3 or higher) Android (V2.0 or higher) or Blackberry (v4.6.1 or higher) your phone is compatible. For anything in the ifamily, simply log in to the app store and download ADP Mobile Solutions for free! Otherwise, go to: <http://mobile.adp.com>





THE ART OF DEFENSIVE DRIVING *by Dave Ruddy, Hellman & Associates, Inc.*

We all seem to be doing a lot of driving these days. I trust this is due to productive schedules. Did you know many of us drive while fatigued? This action results in about 1.9 million crashes/near misses every year according to the National Sleep Foundation. Fatigued driving has become a “regular” part of our driving habits. This is mainly due to our own nature. We set a schedule and rarely deviate from it, even when we know we will be doing more driving the next day. You may think that drinking more coffee, turning up the radio, opening the window, cranking up the A/C, or slapping yourself in the face will help. They may, but it will only be for a very short time. You should not drive while fatigued, in fact you should take a break from driving after 2 hours and do a stretch and flex routine for a few minutes. A Better choice is to get a good nights rest before that long trip and drive while wide awake.

How about speeding? Do you know anyone with a lead foot? Could that person be

you? Maybe you speed because you are constantly running late. If this is you, plan some margin into your travel time. Leave an extra 10 minutes on your departure time and you will be amazed at how much less stress you have when you arrive at your destination. If you are the person who just likes to drive fast—stop it. It is very dangerous for you and those on the road around you. According to the American Society of Safety Engineers, your crash force doubles every 10 mph of speed you travel. Think about that when you go from 60 to 70 mph and there are many cars on the highway, there are families associated with those cars. When your speed increases, do you think your reaction increases, it does not change. Slow down and take a few extra minutes and leave for that appointment sooner for the sake of your loved ones and those you may have an impact on.

Let’s take a look at distractions to our driving. Are you one who eats and drives? How do you react when you spill that coffee or soda? I

will bet you take your eyes off the road to grab that napkin and try and soak up the liquid because you do not want to show up at the meeting with a wet spot on you lap, people will laugh at you. Or how about that ketchup that slopped down your shirt, man that really stinks. How long does it take to eat a meal, 15 minutes, I think you have that in your work day schedule. Because one day, that 15 minutes will turn into a much longer time if your are involved in a crash. What about the ol’ phone? Texting and driving studies have shown that you are 60% more likely to be in a crash. It is not safe and many states have made it illegal to do this. Please stop. Your message will have to wait and the person on the other end will understand that you did not text back immediately, explain to them your desire to arrive alive. So, what about talking on the phone? This too is very dangerous. Some studies have shown that it is like being under the influence of alcohol with a .08% alcohol concentration in your blood. Talking on the phone hands

free or hand held device takes your concentration off the job of driving. You should stop doing this as well.

Then there is the drinking and driving. We have all heard that we should not drink and drive at least 100 times in our adult lives. According to the National Highway Transportation Association, approximately 18,000 people die every year as a result of drunk driving. That is 50 people every day. WOW!!!! One of the first things affected by alcohol is your reaction time. For the average adult, your reaction time is about 3/4 of a second, which doubles for every drink you consume. Think about that the next time you decide to grab one more before hitting the road. Don’t do it, in fact, stop drinking for an hour before you hit the road.

Thanks for being safe out there, Dave



“What’s Going On” from the Auburn, Maine Office

By Bret Bernhardt

2011 is half over and “Back to School Sales” are in the stores. Before we know it Labor Day will come and go like it does every year. The first part of 2011 has been a productive one for the Startup and Commissioning Group. The good news, we have done it safely and efficiently. 2011 has brought two new additions to the Maine office with Kris Larouche and John Sawyer, both Project Managers. I am very excited to have them both on board. Brent Kavanaugh continues his Project Management work in Sterling CT and Kyle Michael is back in the office working on

sales.

The Project in Middletown, CT is winding down with only a hand full of employees remaining on site. On the startup side we are in final documentation closeout and should be completed by month’s end. As with most projects, a few employees have remained on site assisting the facilities operations group take care of a few loss ends.

We are in full commissioning mode in Middletown, OH project. This is not to be confused with the aforementioned CT project. This is our third project with this

company. The project consists of coking ovens, Coal and Coke conveying systems, HRSG, Steam Turbine Generator and all the associated BOP systems.

Our project in Lufkin, TX is also in full commissioning mode. A biomass generating facility with a STG synchronization date of August 2011. This project is a unique opportunity since we are in an advisory roll, with most of the commissioning work being performed by others.

We are in the beginning stages of the project located in Elkton, South

Dakota. The 1 X 1 combine cycle facility is in full construction with commissioning in the fall.

We have other projects in New Jersey, South Carolina, New York and Wisconsin in various stages from development to full commissioning. At the same time we continue to fulfill the needs of our various clients with consulting and staff augmentation.

In closing 2011 has been a good year so far, with plenty of work to come.

Do I Need Hearing Protection?

OSHA requires hearing protection at 85 decibels or greater.

Quiet Office Space – 50 db

Normal Speech – 60 db

Lawn Mowers – 100 db

Gas Weed Whacker – 105 db

Music Concert – 110 db

Jet Engine – 130 db



HOW TO BEAT HEATSTROKE AND DEHYDRATION

Each year more than 600 people die of heat-related illnesses.

The United States Military has a supplier whose slogan says it best:

“Hydrate or Die”.

Without intervention and resolution of the problem, muscle cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can lead to heatstroke (which can cause shock, brain damage, and **DEATH**...“Hydrate or Die”)

Solutions:

1. **Drink 12-20 oz, 1-2 hours before exercise. Sports drinks and water are the best choices. Didn't plan ahead? 15-30 minutes before exercise, drink at least 10-14 oz of fluid.**
2. **DO NOT drink liquids that contain Caffeine or more than 15g of sugar per serving.** They will interfere with the body's ability to control its internal temperature.
3. Avoid overheating if you are taking medication that impairs heat regulation (Blood flow) or if you are over weight, elderly, or unfit.
4. **The quickest way to get liquids metabolized into your system is to drink the liquid at room temperature. Drinking ice-cold liquids causes the stomach to constrict and impedes the distribution of vitamins, nutrients, and electrolytes that the drink provides.**

Facts about drinking water:

- **Lack of water is the #1 trigger of daytime fatigue.**
- **A 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on computer screen or paperwork.**
- **90 – 125 oz. of liquid a day significantly eases back and joint pain for up to 80% of sufferers.** The liquid can, also, be accumulated by eating foods high in water content.
- **Drinking five 8 oz. glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.**
- **One 8 oz. glass of water at midnight relieves hunger pangs for almost 100% of dieters.**



Warning signs of Heat Stroke vary but may include:

- an extremely high body temperature (above 103°F, orally)
- red, hot, and dry skin (no sweating)
- rapid, strong pulse
- throbbing headache
- dizziness, nausea
- disorientation, confusion
- unconsciousness

If you see any of these signs, you may be dealing with a **LIFE-THREATENING** emergency.

Call 911.



FIRST RESPONDER USE:

SIGNS OF DEHYDRATION IN BABIES AND TODDLERS

STATUS	No Dehydration	Some Dehydration	Severe Dehydration
CONDITION	Well, alert	Restless, Irritable*	Lethargic or unconscious, floppy*
EYES (Tears)	Normal (present)	Sunken (not present)	Very sunken and dry (not present)
MOUTH & TONGUE	Moist	Dry	Very Dry
THIRST	Drinks normally, not thirsty	Thirsty, drinks eagerly*	Drinks poorly or not able to drink*
SKIN PINCH	Goes back quickly	Goes back slowly*	Goes back very slowly*
DECIDE	The child has no signs of dehydration	If the child has 2 or more signs, including at least 1 major sign, there is some dehydration.	If the child has 2 or more signs, including at least 1 major sign, there is some dehydration.

* Indicates a Major sign



**Am I Hydrated?
Urine Color Chart**

This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout day to stay hydrated.

If your urine matches the colors numbered 1, 2, or 3 you are **hydrated**.

If your urine matches the colors numbered 4 through 8 you are **dehydrated** and need to drink for more fluid.

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.

If you are taking a vitamin supplement, you may need to check your hydration status using another tool like Handout #15: Hydration Check: Body Weight Log.

Relative Humidity (%)

°F	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136												
108	130	137											
106	124	130	137										
104	119	124	131	137									
102	114	119	124	130	137								
100	109	114	118	124	129	136							
98	105	109	113	117	123	128	134						
96	101	104	108	112	116	121	126	132					
94	97	100	103	106	110	114	119	124	129	135			
92	94	96	99	101	105	108	112	116	121	126	131		
90	91	93	95	97	100	103	106	109	113	117	122	127	132
88	88	89	91	93	95	98	100	103	106	110	113	117	121
86	85	87	88	89	91	93	95	97	100	102	105	108	112
84	83	84	85	86	88	89	90	92	94	96	98	100	103
82	81	82	83	84	84	85	86	88	89	90	91	93	95
80	80	80	81	81	82	82	83	84	84	85	86	86	87

Heat Index (Apparent Temperature)

With Prolonged Exposure and/or Physical Activity

Extreme Danger
Heat stroke or sunstroke highly likely
Danger
Sunstroke, muscle cramps, and/or heat exhaustion likely
Extreme Caution
Sunstroke, muscle cramps, and/or heat exhaustion possible
Caution
Fatigue possible

Heat Index Guidance

The National Weather Service uses a "heat index" that alerts the public when combinations of heat and humidity could make hot weather hazardous. **It tells how hot the Heat-Humidity combination makes it feel.**



Skin with decreased turgor remains elevated after being pulled up and released

SKIN TURGOR (elasticity)

A quick check of skin turgor by pinching the skin over the back of the hand, on the abdomen, or over the front of the chest under the collarbone is a good way to check for dehydration at home.

Mild dehydration will cause the skin to be slightly slow in its return to normal.

To rehydrate, drink more fluids -- particularly water.

If turgor is severe, indicating moderate or severe dehydration, see your health care provider immediately.

Bluewater Energy Solutions Contact Information

Acworth (Atlanta) Location

Scott Johnson, **CEO**, sjohnson@bwes1.com
Perry Novak, **President**, pnovak@bwes1.com
John Picard, **Vice President**, jpocard@bwes1.com
Dan Simpson, **Safety Manager**, dsimpson@bwes1.com
Mike Arrigo, **Recruiting Manager**, marrigo@bwes1.com
Dina Hintz, **HR, Contracts, Marketing Manager**, dhintz@bwes1.com
Nancy Sperry, **Payroll/Benefits Enrollment**, nsperry@bwes1.com
Christy Hulse, **Accounting Manager**, chulse@bwes1.com
Theresa Yamarino, **Accounting**, tyamarino@bwes1.com

Business Development

Lou Lavender, llavender@bwes1.com
Kyle Michael, kmichael@bwes1.com

Northeast Office

Bret Bernhardt, **Startup and Commissioning Manager**,
bbernhardt@bwes1.com
Brent Kavanaugh, **I and C Specialist**, bkavanaugh@bwes1.com
Kris Larouche, **Project Manager**, klarouche@bwes1.com
John Sawyer, **Project Manager**, jsawyer@bwes1.com

Bluewater Energy Industrial Cleaning Services

Terry Roberts, **General Manager**, troberts@bwes1.com
Jimmy Murphy, **Operations Manager**, jmurphy@bwes1.com

Individual commitment to
a group effort -
that is what makes
a team work,
a company work,
a society work,
a civilization work.
- Vince Lombardi

Home Office:

Bluewater Energy Solutions, Inc
3459 Acworth Due West Rd
Suite 206
Acworth GA 30101
Office: 678-594-2058
Fax: 678-302-7248
www.bluewaterenergysolutions.com

Auburn, Maine Location:

Bluewater Energy Solutions, Inc
86 Main St. Suite 201-202
Auburn, ME 04210



BEICS: A JOB WELL DONE!!