

DDC TRAINING CENTER
JANUARY 2003

Contact Lisa to sign up for any training classes.
Class sizes are limited and subject to change!

Classes that are offered in January:

Welding



CPR/First Aid



Grid



**Hilti DX
Certification**



**Drywall
Quality**



One of the chief reasons for success in life is the ability to maintain a daily interest in one's work, to have a chronic enthusiasm; to regard each day as important.

-- William Lyon Phelps --



Denver Drywall Company
Since 1945

Monthly Newsletter

December 2002

**Health Education
Corner**

Laughter Eases Stress



Laughter may be the best medicine, and a new study indicates that just looking forward to having a good laugh can boost the immune system and reduce stress. Numerous studies have already shown that watching a funny video or just laughing at a joke could make healthful changes in the levels of hormones involved in stress, may lower blood pressure, and may possibly lower the risk of heart attack. Now, new studies support the fact that anticipating a happy, funny event can raise levels of endorphins and other pleasure and relaxing-inducing hormones and lower the production of stress hormones. Researchers said this new finding strengthens the advice that everyone should lighten up a little to live longer. (Based on an article from MSNBC.com/news.)

(The information provided in the "Health Education Corner" of Denver Drywall's monthly newsletter is provided in good faith, and not intended to be a substitute for proper medical care provided by a physician, nor is it intended to override a physician's recommendations. Denver Drywall assumes no responsibility for any circumstances arising out of the use, misuse, interpretation, or application of any of the information supplied in this article)

Welcome back to Ed Fernandez. Ed has recently re-joined the DDC team to re-establish the EIFS, Plaster, and Stucco Department. Back in the days, DDC worked on a lot of commercial and residential projects involving EIFS, Plaster, & Stucco. Ed is looking forward to working with all of his old DDC pals as well as the newer folks. And, if anyone out there knows of someone who needs an AWCI Certified installer for EIFS or stucco, let us know.



A LITTLE SIDE OF SAFETY:

DDC participates in the Associated Builders and Contractors association yearly STEP awards program. STEP stands for Safety Training and Evaluation Process. Each year the Rocky Mountain Chapter of the ABC holds a Safety Banquet in which it recognizes member companies for the previous years safety record. The STEP awards are given in four categories: bronze, silver, gold and platinum. Awards are based on the total number of points received in 20 key elements of a contractor's safety program. This year Denver Drywall received a Gold Level Step Award at the Safety banquet held in late October. Congratulations to everyone who continues to commit to making all of DDC a safe and productive company.



Hypothermia

Protect Yourself Against The Cold – Hypothermia

Hypothermia begins when the body loses heat faster than it can produce it. Heat is produced by muscle action and shivering. Early symptoms include shivering, cold and pale skin, apathy and impaired judgment. Later symptoms include drowsiness, weakness, confusion with slow pulse and breathing.

Follow these tips to protect yourself from the cold:

- Dress in multiple layers of clothing. The outer layer should protect you from wind, rain and snow while the inner layers insulate to retain your body's heat.
- Wear fabrics that insulate and draw moisture away. Fabrics like wool and polypropylene are good. Avoid wearing cotton because it retains moisture.
- Protect special body parts like your head, face, hands and feet. Wear items like caps, scarves or turtlenecks and gloves for your hands. Use socks that retain heat and draw moisture away along with a good insulated work boot.

December Important Dates

December 24th
December 25th
December 31st
January 1st

Office closed at noon
Christmas Day – Closed
Office closed at noon
New Years Day – Closed

CONGRATULATIONS to the following folks, who in the month of November have hit their respective anniversary with Denver Drywall Company

YEARS OF SERVICE

Steve Yant	11/95
Anselmo Cordero-Chavez	11/01
Jose Mendez	11/00
Rigoberto Nunez	11/01
Edin Enriquez	11/98
Jaime Marquez	11/01
Kenny Dorrance	11/98
Loretta Steves	11/00
Steve "Mud Master" Gagnon	11/93

