



Denver Drywall Company  
Since 1945

# DENVER DRYWALL COMMUNICATOR

April 2003

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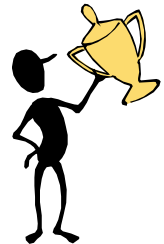
Congratulations to All Employees who contributed to an accident and incident free month for February 2003. This marks the first month in along time that we have worked with no injuries.

Your continued attention to safety as an utmost priority is what sets Denver Drywall apart from the competition and is greatly appreciated.

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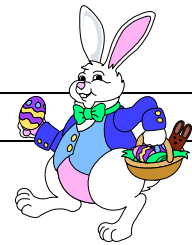
Congratulations to the following folks, who in the month of March & April have hit their respective anniversary with Denver Drywall Company!

Bill Peyer	22 years	Ed Fernandez	18 years
Jerry Dignan	17 years	Dave Lassen	12 years
Jimmy Stout	9 years	Darrell "Big D" Harken	7 years
Carol Glover	6 years	Brian Maurer	5 years
Carlos Garcia	5 years	Rafael Marquez	5 years
Humberto Salas	5 years	Brian Earl	5 years
Nicolas Balderrama	4 years	Karen Bates	4 years
Ronnie ***** McNear	4 years	Scott Richardson	3 years
Carl Evans	3 years	Lloyd McMinn	3 years
Oscar Jaramillo	2 years	Ismael Salas	2 years
Luis Perez	2 years	Raul Diaz	2 years
Simon Ramirez	1 year	Jesus Escobedo	1 year
Pedro Ruiz	1 year	Jack Deese	1 year



## HEALTH EDUCATION CORNER

### Chocolate cravings



Do you walk through the grocery store and crave every chocolate Easter bunny in sight?

Valentine's day, Halloween and Easter provide a major challenge for chocolate lovers everywhere. Does healthful eating go out the window at these times of year? The key to enjoying these treats is balance and moderation.

Food is meant to be enjoyed. An occasional indulgence in sweets can be balanced out with lower-fat selections. So this month, make sure fruits, vegetables and grains are included in your Easter basket and in the meal.

As you do indulge, remember that moderation is also important. Savor your treats and make them last. Following this routine allows you to enjoy a chocolate bunny without all the guilt.

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.

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## A LITTLE SIDE OF SAFETY

Nearly 50% of all workers compensation claims involve alcohol or drugs. However, workers' compensation costs and traditional job safety are just the tip of the iceberg.

Do you know that:

- \* Substance abusers are the cause of 40% of all industrial accidents and fatalities?
- \* Substance abusers are five times more likely to injure themselves?
- \* Substance abusers incur 300% more medical costs and use benefits eight times more often than non-abusers?
- \* Substance abusers account for more than 40% of all employee theft?
- \* Substance abusers perform at only about 67% of their potential and are 16 times more likely to be absent?



What about drinking the night before? If you think the effects of alcohol are over once you've sobered up from a night of heavy drinking, you may be surprised. Have you ever come to work feeling below par because of drinking the night before? If so, take a long look at what you are doing, not just to yourself but also to your co-workers and to your future on the job. Abusing alcohol is never a good idea, but it can be downright dangerous on a work night – dangerous to yourself and to everyone who has to depend on you at work the next day.

You don't have to be falling down drunk for alcohol to interfere with your ability to do your job safely. You may feel dehydrated and have a headache. Even though you may feel sober, you could still have enough alcohol in your blood to affect your behavior. Your attention span, judgment, and reflexes may be noticeably poorer. Even if you slept like a log, alcohol disturbs sleep rhythms so you probably didn't get the rest you need. How would you like to work on a scaffold put up by someone who was tired and had poor reflexes and a short attention span? Since alcohol is the most frequently abused drug, it is likely that your safety has been impaired by your own abuse or by the hands of an alcohol-impaired co-worker. If you suspect a co-worker of abusing alcohol on the job, you're not doing anyone a favor by ignoring the problem. Let your foreman know. It's the only way to protect against alcohol-related accidents. If you are impairing the safety of your co-workers by your own abuse, stop now, and if you cannot stop on your own, ask for help before it's too late.

# PHOTO BOARD



Littleton Hospital Addition  
Before



Littleton Hospital Exterior  
After



Briargate Mall Exterior Frame  
& Sheathing



Briargate Exterior EIFS Application

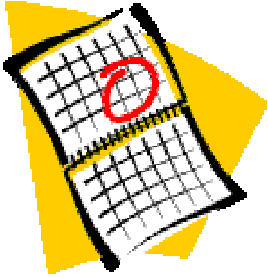


Arial Shots taken of Union Plaza



# Quote of the Day

"Character is doing the right thing when nobody is looking."



## April Calendar of Events

Tuesday, April 8<sup>th</sup>

Wednesday, April 9<sup>th</sup>

Wednesday, April 16<sup>th</sup>

Thursday, April 17<sup>th</sup>

Sunday, April 20<sup>th</sup>

Superintendents Meeting

Dave Heap Foremen's Meeting

Bob Peyer Foremen's Meeting

Bill Peyer Foremen's Meeting

EASTER Sunday

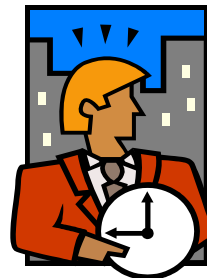
## April's Training Classes

Shaft Wall

Door Frame Installation

Framing Efficiencies

(If you are interested in any classes, please contact Greg or Lisa)



SPRING FORWARD....

Daylight Saving Time begins Sunday, April 6<sup>th</sup>.

Don't forget to turn your clock forward - 1 hour so you are not late to work on Monday, April 7<sup>th</sup>.