



# Safety News

Dedicated to ensuring the safest and healthiest working environment for our members

Summer 2019 | Issue 16

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## Our Vision

The United Association and its local unions will apply its best practices and resources to build the best educated and safest workforce in all sectors of the piping industry.

## Message from Cheryl Ambrose Health, Safety and Environmental Administrator



Welcome summer! As the weather turns warmer and the industry is buzzing with activity, here at the UA we are counting the days to the 2019 Instructor Training Program scheduled for August 10 – 16 in Ann Arbor, MI, where we will celebrate 30

years in partnership with Washtenaw Community College.

New and returning safety courses at ITP this year include *NFPA® 70E® Electrical Safety Train-the-Trainer and Hazardous Waste Operations and Emergency Response (HAZWOPER) Trainer*. We are excited to be working in direct collaboration with the National Fire Protection Association (NFPA) and the Mechanical Contractors Association of America (MCAA) to develop and present a train-the-trainer course designed for the piping trades to help instructors promote electrical safety on the jobsite by preparing them to deliver a 1-day NFPA® 70E® training course at their local JATC.

The 40-hour HAZWOPER train-the-trainer course has been added to the safety course line-up after a long absence. While the course name implies that OSHA's HAZWOPER standard only applies to hazardous waste cleanup and emergency operations, workers such as our members, who must perform duties at a site where hazardous waste may be handled, stored,

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or generated are covered by 29 CFR 1910.120. This includes workers in manufacturing facilities which have the potential for an emergency to occur due to an uncontrolled release of hazardous substances or hazardous raw materials. Examples of facilities where HAZWOPER training may be required include wastewater treatment facilities, oil and gas refineries, and chemical plants, to name a few. It is critically important that we have the ability to perform the 24-hour or 40-hour training to help ensure the safety and health of our members on these types of sites.

Other safety courses offered this year in the forefront of the UA's mission to improve the health and safety of our members are the *2158 Fall Protection Competent Person Trainer* and *2161 Safety Culture for Front Line Leaders* courses.

Falls continue to be the number one cause of death in the construction industry and making sure every UA member has the proper training is imperative. Through our partnership with CPWR, we are able to bring this important training back to ITP to include hands-on training and a demonstration by 3M Fall Protection.

Safety culture and safety leadership are integral to the UA's Standard for Safety and the Built on Excellence program. Through

our continued collaboration with the Department of Energy National Training Center, we are committed to promoting safety as a core value to our members and future leaders and are excited to bring this course to ITP again this year. Be sure to check out all the safety courses being offered at ITP for 2019. We hope to see you there.

Congratulations to CPWR and Dr. Linda Goldenhar for receiving the 2019 Henry C. Turner Prize for Innovation in Construction. We are proud to have CPWR as an industry partner and applaud them on receiving this prestigious award.

And finally, in our Safety Hero segment we are proud to share a “great news” story from Plumbers and Steamfitters Local 342 where a member put his first aid and CPR training to work to help save a fellow brother in need. A big thank you to Local 342 for sharing this inspiring story. ■

## New Ergonomics Training to Reduce Risks for Soft Tissue Injuries Among Construction Workers

### Pilot Training Presented to Plumbers Local 130 Apprentices

Sprains, strains, and other soft tissue injuries are common and each year they account for approximately 27 percent of all nonfatal occupational injuries in construction. Low back injuries cause construction workers to suffer the highest number of lost days of work. The lifetime risk of overexertion injuries is 21 percent for all construction trades while many more suffer chronic pain. The majority of overexertion injuries are related to handling heavy construction materials, and these injuries result from wear and tear on tissues of the body. Workers who suffer from these injuries are often prescribed opioids to manage the pain and too often become dependent on these drugs, with far too many ending in overdose fatalities. This is a serious and growing problem for construction workers and the industry.



*New apprentices at Plumbers Local 130 receive training on reducing soft tissue injuries from Dr. Ann Marie Dale, Washington University in St. Louis*

Understanding the importance of reducing soft tissue injuries and teaching members, especially new apprentices, how to protect their bodies from damage, Plumbers Local 130 in Chicago, IL, reached out to the UA in November 2018 for help in bringing this training to their members. The ergonomics professional who had helped Local 130 for many years had retired, leaving them without someone to help teach this important topic to their apprentices. The UA contacted CPWR – The Center for Construction Research and Training and asked if they could refer someone who could help meet the need for this training. CPWR did one better than that. Not only did they refer someone, they were able to secure grant funding through NIOSH to create a training program to be presented to Local 130 apprentices, while at the same time teaching the local instructors how to conduct the course for their members going forward. More broadly, the UA was interested in



partnering with CPWR's Ergonomics Community of Practice, which includes members of the Research Consortium and CPWR's r2p and training program staff, to develop an ergonomics training program that incorporates the newly created “Best Built Plans” (BBP) training resources and message. This program will include training for workers and training for employers that reinforces the BBP message and goals, as well as help fill the gap in workers' and contractors' understanding of related opioid risks and prevention. CPWR is also working with the Mechanical Contractors Association of America (MCAA) Director of Safety Pete Chaney on the employer component of the training program.

In January 2019, Dr. Ann Marie Dale with Washington University School of Medicine in St. Louis, and also a researcher with CPWR, along with Eileen Betit, CPWR's Director of Research to

Practice (r2p) went to work developing the training with their staff and the help of the UA and Local 130 Training Director Jim Majerowicz, as well as Local 130 instructors. The course included creating a two-hour interactive ergonomic training program for the UA. The training covers basic physiology of

biomechanical demands of work, ergonomic principles including the hierarchy of controls, interactive activities to reinforce ergonomic principles using the BBP training and coaching modules and microgames (the latter for reinforcement after the training), and lifting stations using materials and equipment specific to the piping trades, worker-controlled work processes to perform work safely, and management of health related to physically demanding work (i.e. benefits of stretching, use of over-the-counter medication, prescription opioids, substance use for pain relief).



In addition to the classroom presentation, the instructors set up practice stations to demonstrate proper techniques and then have the apprentices practice. At the end of the course, the trainees were asked for their feedback and 95 percent of the trainees said they "strongly agree" (70 percent) or "agree" (25 percent) with the statement "I learned something today that I will be able to apply to my work."

Training Director Jim Majerowicz shared his gratitude; "On behalf of Plumbers Local 130, I want to sincerely thank the UA, CPWR and Dr. Ann Marie Dale for their assistance in developing the training and providing this valuable instruction to our members early in their careers to help them prevent injuries and avoid pain later down the road. As a result of this program, our instructors can now provide the training directly to our members." He summed up the importance of the training this way; "Do training now to avoid injury and treatment later!" ■



As an added bonus, CPWR is creating a supplemental three-hour trainer course to be presented for attendees in the OSHA courses at the 2019 Instructor Training Program. The trainer program includes the education and activities from the ergonomic training program with a training manual that provides background knowledge and FAQ. Once completed, the training program will then be available as a Blackboard™ course to locals to help them present this important training to their members and through their OSHA training.

On May 14th and 15th, 2019, the ergonomics pilot training program was presented by Dr. Ann Marie Dale and CPWR staff to 112 new apprentices during Plumbers' Local 130's New Apprentice Orientation. The training was assisted by Local 130 instructors Frank Borkowski, Thomas Jennrich, John Majerowicz, David Kledzik, and Brian Andersen.



Pictured from left to right: Dr. Ann Marie Dale and Local 130 instructors John Majerowicz, Thomas Jennrich, Frank Borkowski, Brian Andersen, and Dave Kledzik.

# safety HEROES

## First Aid CPR Training Proves Invaluable

### Local 342 Member Performs CPR to Save a Brother

In late March 2019, Brothers Nick Buxa and Jerry Stern were preparing for their day on the job site where they were working together. Brothers Buxa and Stern are members of Plumbers & Steamfitters Local 342 in Concord, CA. On that particular day, Brother Buxa described it as a normal day, nothing out of the ordinary. As he recounted the events that would soon follow, Brother Buxa said Jerry had indicated that he wasn't feeling well when he arrived at work. Nick didn't think much about it at the time since Jerry did not seem bothered by the fact he wasn't feeling well. Nick headed to the work area on foot while Jerry drove his welding truck over. As Nick was retrieving tools from the truck to begin welding, he asked Jerry again how he was feeling and Jerry responded that his chest "really hurt." Nick became very concerned and asked Jerry if he was having pain anywhere else, such as his left arm. Jerry replied that he "hurt all over." Nick strongly urged Jerry to go to the hospital or call 911 right then but Jerry insisted that he was fine. Still very concerned, Nick headed to the work area only to return to the truck a couple minutes later for additional tools. That's when Nick noticed Jerry was in the truck and he appeared to be unresponsive. Brother Buxa immediately confirmed that Brother Stern was unresponsive and instructed the laborer foreman to call 911 while Brother Buxa climbed in the truck and began to perform CPR. Another worker retrieved the AED that was on the job site. As Brother Buxa was preparing to attach the AED, the fire department and EMS personnel arrived. They immediately took over and began providing advanced lifesaving measures to Brother Stern. They were able to stabilize Jerry before transporting him to the hospital where he received additional cardiac care.

*"Without going through the CPR training, I don't know how I would have responded and what could have happened."*

*– Brother Nick Buxa*



Local 342 members Brother Jerry Stern (left) and Brother Nick Buxa (right).

We are extremely happy to report that Brother Jerry Stern has made a full recovery and is already back to work! We commend Brother Nick Buxa for his quick thinking, acting without hesitation to help his brother, and using his training to begin the survival chain of early access (911), early CPR, early rapid defibrillation, effective advanced life support and post-cardiac care. All of these important steps in the survival chain played a lifesaving role for Brother Jerry Stern.

Looking back after the incident Brother Nick shared the importance of his training. "Not only do I credit everyone involved in the situation for how quick and on point everyone reacted, but I greatly credit the training I received in my OSHA class in the apprenticeship," he said. "Without going through the CPR training, I don't know I would have responded and what could have happened. I definitely have a new outlook on that class and the benefits it provides to all our brothers and sisters who receive it."

Local 342 Business Manager Ché Timmons added, "This was a scary situation with an amazing outcome. The CPR training Nick received gave him the knowledge to react without hesitation and, ultimately, save Jerry's life. Every Local 342 apprentice is given OSHA 30 and first-aid/CPR training. That is the first apprentice class they are enrolled in. We never expect to be in a position to have to use the CPR training, but we feel it is important for the rare situations that can happen on the job. We are very proud of Nick for jumping in to assist a fellow 342 brother, and most of all we are extremely grateful to have Jerry back to full health! I strongly recommend every local invest in this training for these rare situations."

Contact Cheryl Ambrose ([cambrose@uanet.org](mailto:cambrose@uanet.org)) for more information on how someone can become an instructor. ■



## Safety Courses at 2019 Instructor Training Program

### **NEW** Hazardous Waste Operations and Emergency Response (HAZWOPER) Trainer

Learn the instructional techniques used in delivering the 24-hour and 40-hour HAZWOPER training, as well as the 8-hour HAZWOPER refresher training. Learn how to teach the hands-on portions including personal protective equipment use, respirators, and decontamination procedures.

### **NEW** NFPA® 70E® Electrical Safety Train-the-Trainer

Learn to instruct the 1-Day NFPA® 70E® class to include how NFPA® 70E® standards and OSHA requirements promote electrical safety, establishing an electrically safe working condition, justification of energized work, and proper use of personal protective equipment and testing equipment for energized work.

### **OSHA 510 Standards**

(Prerequisite for Course 2151 OSHA 500) Covers construction safety and health principles and OSHA policies, procedures, and standards as they apply to the construction industry.

### **OSHA 500 Outreach Trainer Course**

Authorizes UA instructors to teach the OSHA 10-hour and the OSHA 30-hour construction safety and health outreach programs at their locals.

### **OSHA 502 Outreach Trainer Update Course**

Required training every four (4) years to continue as an OSHA Authorized Outreach Trainer.

### **OSHA 7110 Safe Bolting Principles and Practices**

As industry requirements become more stringent, learn how to safely inspect, assemble, and tighten bolted joint connections using industry-required controlled bolting procedures including pressure boundary flanged joint assembly practices, terminology, tooling, and related technical areas including safety. Become proficient in power torquing and tensioning.

### **Safety Culture for Front Line Leaders**

Developed around the UA Standard for Safety as one of our core values. Learn how to instruct front line leaders and workers on establishing and maintaining a trusting and collaborative safety culture where all employees feel free to raise concerns. Take the conversation about safety to the next level.

### **Fall Protection Competent Person Trainer**

Focuses on the number one cause of worker deaths in construction and how to improve worker safety while working at heights and the systems used to protect workers from falls. Incorporates extensive classroom and interactive hands-on training based on the requirements of OSHA regulations, ANSI Z359.2 standard, and USACE EM-385.1-1. Demonstration by industry leader 3M Fall Protection.

### **Emerging Safety Technologies and Equipment**

Technology is all around us, including on the job site, and designed specifically for protecting the health and safety of the worker. Learn what's new and coming to a jobsite near you.

### **Trenching Competent Person Trainer**

Examines OSHA's trenching standards and industry safe practices for working in trenches and excavations. Newly developed technologies such as interactive e-Learning modules, jobsite mobile apps, the complete trainer guide, and 2D and 3D VR simulations.

### **Safe Pressure Testing for Piping Systems**

Learn different methods for conducting safe pressure testing operations, the associated hazards, and necessary precautions, with safety as the primary focus. Take a field trip to NSF International to witness the tremendous forces during testing failures conducted in a controlled environment.

## Dealing with Heat Without an OSHA Standard

In an article published May 21, 2019 *EHS Today*, the magazine highlighted where the Occupational Safety and Health Administration (OSHA) was called upon to create a federal standard to protect workers from heat stress and the related injuries, illnesses, and fatalities. The advocacy group Public Citizen, along with 111 other safety and labor groups, are advocating that, "A federal heat stress standard would help to prevent countless illnesses and deaths caused by heat, benefiting workers and employers. In its absence, rising temperatures are projected to cause an increase in heat-related workplace illness, a dramatic loss in labor capacity, decreased productivity, and an increase in workers compensation and hospital-related costs." It is estimated that more than 815 U.S. workers were killed, with 70,000 seriously injured by heat stress between 1992 and 2017, which is likely to be underestimated due to under reporting. This is compounded by the fact that heat-related injuries and deaths can easily be classified incorrectly where heat is often not recognized as the cause.

Despite the lack of a specific heat standard, OSHA continues to investigate incidents and issue citations to employers under the General Duty Clause. OSHA reminds that all employers with workers in hot environments must establish a heat illness prevention program to protect these workers. The program should include training for employees and supervisors, providing enough fresh water and access to shade, monitoring employees for signs of illness, gradually increasing workloads to acclimate workers to the hot conditions, having a procedure for emergencies, and documenting all training and discussions on heat related illnesses.

Only California, Minnesota, Washington and the U.S. military have established programs that address heat exposure in the workplace. The National Institute for Occupational Safety and Health (NIOSH) has established recommended criteria for a possible federal heat standard covering engineering and administrative controls as well as personal protective equipment. Absent a specific OSHA standard that covers work in hot environments, employers have a duty to protect their workers from "recognized serious hazards, including heat-related hazards." ■

**Source URL:** <https://www.ehstoday.com/environment/public-citizen-labor-groups-seek-osh-a-heat-standard>

PROTECT YOURSELF AGAINST HEAT EXPOSURE

You are at risk if you:

Are new to the job ☀️
Work in hot and humid conditions ☀️
Do heavy physical labor ☀️
Don't drink enough water ☀️

Dress Appropriately

Wear clothes that are:

- ☀️ Light-colored (white, etc.)
- ☀️ Loose-fitting
- ☀️ Lightweight

If you need to wear protective clothing or personal protective equipment, like impermeable clothing, you may need more frequent breaks for water, rest, and shade.

Drink Water & Take Breaks

- ☀️ Take frequent breaks out of the sun
- ☀️ Drink 1 cup (8 ounces) of water every 15-20 minutes.
- ☀️ **DO NOT** wait until you are thirsty to drink water.
- ☀️ **DO NOT** drink alcohol and **AVOID** caffeine.

Know the Warning Signs

**Heat Exhaustion:**

Weakness & Wet Skin

Headache, Dizziness or Fainting

Nausea or Vomiting

**Heat Stroke:**

Excessive sweating or red, hot, dry skin

Confusion or Fainting

Convulsions or Seizures

Seek Medical Assistance

Heat Stroke is a medical emergency

Look out for your co-workers—if you see the warning signs take action!

Call 911

Getting help can be the difference between **life** and **death**.

Learn more about heat-related illnesses and how to prevent them at <http://bit.ly/CPWRHotWeather>

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## Keeping Focus on Trench Safety

Once again this year, the 2159 Trench and Excavation Competent Person Trainer course will be back at ITP with a full array of technology in this blended learning course. There is still space available in the course so be sure to reserve your spot today!

In addition to the UA's Trench Safety Competent Person Trainer Course at 2019 ITP, OSHA has established June 17-21, 2019 as the 2019 Trench Safety Stand Down. OSHA's [National Emphasis Program on Trenching and Excavation](#) is to "identify and to reduce hazards which are causing or likely to cause serious injuries and fatalities during trenching and excavation operations... because of the continuing incidence of trench/excavation collapses and accompanying loss of life..."

In order to promote better trench safety, OSHA instructs taking precautions against trench collapses to protect the workers inside the trenches, as the collapses can be dangerous and fatal. It is essential to ensure a safe entry and exit, the trenches must have cave-in protection, materials should be kept away from the edge of the trenches, observe standing water or other hazards before entering, and do not enter a trench before it has been inspected.

CPWR has dedicated a section of their website to [Trench Safety](#). The online resource includes easy access to materials that can be used on the job site or in a training program to raise awareness about trench safety and help prevent injuries and deaths. ■

## Practice Trench Safety. It Saves Lives.



**Trench collapses cause fatalities and injuries.**

**It only takes a second for a trench to collapse. Take the following precautions to protect workers in trenches.**

Keep rocks, soil, materials and equipment **away** from the edge of the trench.

**Check** with the competent person **before entering a trench**:

- With standing or accumulating water.
- Where there may be a lack of oxygen or hazardous fumes or vapors.

Never enter a trench that has not been properly inspected. A **competent person** must inspect the trench and fix problems before work begins.

Only work in trenches that have **cave-in protection**. Trenches should be shielded/boxed, shored or sloped. Wear your hard hat.

A trench doesn't have to be very deep to be dangerous. A **cubic yard of dirt** equals the weight of a mid-sized car -- **it will crush you!**

Make sure there is a safe way to enter and exit the trench, such as a ladder, ramp or steps.



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## EPA Takes New Regulatory Action on Asbestos – Is It Enough?

It has been almost thirty years since the EPA last updated their regulations on asbestos. Information detailing the change can be found at <https://www.epa.gov/asbestos/epa-actions-protect-public-exposure-asbestos>

Actions to protect the public from exposure to asbestos under the Toxic Substances Control Act (TSCA) include the following three pieces. ([www.epa.gov](http://www.epa.gov))

- 1989 Partial Ban on the manufacture, import, processing, and distribution of some asbestos-containing products. EPA also banned new uses of asbestos which prevent new asbestos products from entering the marketplace after August 25, 1989. These uses remain banned. The April 2019 final rule does not provide a way for these uses to return to the marketplace.

## CPWR Awarded 2019 Henry C. Turner Prize for Innovation in Construction

The United Association congratulates CPWR – The Center for Construction Research and Training and Dr. Linda Goldenhar on being named recipients of the 2019 Henry C. Turner Prize for Innovation in Construction. The award was presented to CPWR on March 12, 2019 by Turner Construction Company and the National Building Museum at the Turner Innovation Summit.

In a recent press release, Sean McGarvey, President of North America's Building Trades Unions, commented, "On behalf of North America's Building Trades Unions, I applaud CPWR, and in particular Dr. Linda Goldenhar, on winning the 2019 Henry C. Turner Prize for Innovation in Construction. This is a truly remarkable accomplishment. The practical tools that have come out of Dr. Goldenhar's research projects are driving needed changes to improve safety conditions in the

- April 2019 Final Rule to ensure that asbestos products that are no longer on the market cannot return to commerce without the Agency evaluating them and putting in place any necessary restrictions or prohibiting use. The uses covered under this rule were not already prohibited under TSCA and could have returned to the market at any time.
- Risk evaluation of asbestos under TSCA. EPA is reviewing a handful of very limited, still ongoing uses of asbestos. The evaluation of the risks associated with ongoing uses of asbestos is required under TSCA section 6. If EPA finds unreasonable risk, the Agency will take prompt action to address those risks.

### AFL-CIO Testifies Before Congress to Ban Asbestos

A hearing on "Ban Asbestos Now: Taking Action to Save Lives and Livelihoods" was held before the House Committee on Energy and Commerce on May 8, 2019. Rebecca Reindel, Senior Safety and Health Specialist, testified on behalf of the AFL-CIO in strong support of federal legislation to ban asbestos. She stated in her testimony, "Asbestos is the poster child of the historical failure under the original Toxic Substance Control Act to protect people from a chemical known to have serious health effects at low levels of exposure and known to be extremely difficult to control exposures over its long lifespan. But that law was updated in 2016, with clear intention by Congress to prevent exposure to asbestos and create a pathway for banning this dangerous substance. This legislation to further amend that law and specifically address asbestos will finally protect working people and save lives." See the testimony transcript [here](#). ■

construction industry." Dr. Goldenhar was instrumental in the creation of the Foundations for Safety Leadership program and has supported the United Association in past training efforts on safety leadership.

President McGarvey went on to say, "As Chairman of CPWR, I can attest firsthand to the never-ending dedication of CPWR to promote and improve health and safety conditions for construction workers in our industry. Their work not only drastically improves job sites across America, but also the personal wellbeing of our devoted and hard-working union members, across all 14 building trades. CPWR's impact on the construction industry is tremendous, and I am excited to see what strides this critical organization continues to make in years to come."

The United Association is extraordinarily proud to have CPWR as a valued industry partner in our efforts to improve our members safety and health. We applaud and commend them on this outstanding achievement! ■

## Working Together for Continual Safety Improvement

### NFPA® 70E® Electrical Safety Train-the-Trainer Pilot Course Held in Annapolis

The International Training Fund would like to extend a huge thanks to the UA local instructors and MCAA safety directors who participated in the NFPA® 70E® pilot course held in Annapolis on June 11-12, 2019. We are excited to bring this new course to the 2019 Instructor Training Program. The knowledge and feedback shared during the course will prove invaluable as the training is rolled out to UA members.

Join us in August for course UA 2163 and learn firsthand from the expertise of the National Fire Protection Association (NFPA) instructors.



Pictured from left to right: Brett Cutler (LU 420), Ken Gallagher (Limbach-Eastern PA Branch), Michael Clinedinst (LU 486), John Kjomes (NFPA), Gerard Marshall (LU 475), John VanNess (LU 602), Keith Yetter (LU 74), Brad Tisdale (LU 449), Mike Nahas (EMCOR), Bill Mello (NFPA), Chris Loring (The Helm Group), Derek Vigstol (NFPA).

