

The Winners Circle



*You are part of the
Winning Team!*

REMINDERS

- **Next Holiday: Labor Day - Monday September 4th**

Apprentices: Please submitted updated MD Apprenticeship



SUMMER SAFETY TIP

Protect Yourself 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.

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.

Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes. Avoid alcohol, caffeinated drinks, or heavy meals.

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:

www.osha.gov (800) 321-OSHA

July 2006

Another "First"

Here's another first for 1ST Electric. It's our first newsletter and initially, will be somewhat brief.

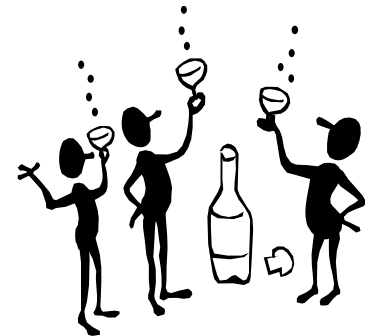
We have a tremendous amount to be proud of after completing the first six months of this year.....and only our eighth month of business.

If you don't believe me, let the facts speak for themselves: 60 employees, over \$10MM of backlog, offices in Baltimore and Ocean City and profitable months in May and

June, which were only our 7th & 8th months of business.

What can we attribute our early success to? Very simply, the answer is FOCUS. We focused on an executable business plan, focused on hiring the right people and focused on giving the people the right resources.

These are exciting times. Each and every one of us is part of creating a new company with a new culture. It will be a culture



built around our values;
Focus
Integrity
Reputation
Safety and
Teamwork

Thanks for being part of the 1ST Team!!

Rick China, President

Keeping Promises!

Back in April, we sent several notices to past employees to come join "The Winning Team" and if they came to work by May 15th they would be entered into a drawing for a boat ride on the famous, Cigarette Stealth.

Congratulations to Mark Young, Terrance Fleet and

Vince Messina! They will be enjoying the Chesapeake at 110 mph on



Saturday August 5th.

In addition, we also entered all field employee

names into a drawing for 5 \$1,000 cash prizes. Those winners were:

Jamie Myers, Chris Little, Greg Nawrot, Mark Young & Jarrett Karner.

The next drawing will be for a vacation for "Zero Accidents". So lets strive to be SAFE.



Focus Integrity Reputation Safety Teamwork

2340 Monumental Avenue
Baltimore, MD 21227

Phone: 410-242-0303
Fax: 410-242-0307