

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

Job Sites
Stay hydrated and take breaks in the shade as often as possible.

Indoors
Check up on the elderly, sick and those without AC.

Vehicles
Never leave kids or pets unattended - LOOK before you LOCK

Outdoors
Limit strenuous outdoor activities, find shade, and stay hydrated.

 [weather.gov/heat](https://www.weather.gov/heat)

Summer Heat

It's that time of year again and New Mexico keeps racking up record temperatures. Keep your employees safe. Make sure they have plenty of water and dress appropriately for working outdoors. Heat Stroke is the most serious heat-related health problem. Symptoms include confusion, loss of consciousness, seizures, high body temperature and can include dry

skin. **Heat stroke is life threatening!** Call 911 immediately if they are displaying these symptoms.

Heat Exhaustion is not life threatening but is still a medical emergency which, left untreated, can result in Heat Stroke. Symptoms include headache, nausea, dizziness, weakness, thirst, heavy sweating and decreased urination. If an employee is suffering from heat exhaustion, remove them from direct sunlight and provide water and/or liquids, remove any unnecessary clothing including shoes and socks. Cool the employee with cool compresses to the head, neck and face.

The Board of Trustees Approves Electronic Distribution of the Following Items

The Board of Trustees recently approved electronic distribution of the following items

Quarterly Loss Runs—Loss runs will no longer be mailed out and will only be available via the portal. We encourage you to log in to review these on a regular basis. However, we will send an e-mail out each quarter as a reminder. If you do not have portal access, please contact our Policy Administration Department at csr@builderstrust.com or call them at (505) 345-3477 to get set up. You may also contact your agent, who has access to your loss runs.

Blueprints—Effective with the Fourth Quarter edition, these will be e-mailed out via Constant Contact and no longer mailed. As always, they will be available on our website at builderstrust.com on the front page.

Summer Monsoons Help and Hinder...

Not only is New Mexico experiencing triple digit heat, our monsoon season has started off with a bang. This is good news for the aquifers and farmers, but is a double edged sword when it comes to recent wildfires. The deluge helps control the fires, but can cause flooding due to the burn scars in those areas. When working in these areas, watch weather conditions. Per NOAA, except for heat related fatalities, more deaths occur from flooding than any other weather related hazard.

During the monsoons, storms regularly roll in in the afternoon and can bring strong winds, as well as thunder and lightning with them. New Mexico experiences millions of lightning strikes throughout the state every year with lightning gravitating to tall objects such as cell towers, tall buildings and trees. These heavy storms can also include hail and high winds. Keep an eye on these potential dangers and get your employees out of danger before tragedy strikes.

As the picture below shows, fires and the resulting burn scars can cause massive damage even years later. For more information on dangerous weather, check out the NOAA website at <https://www.nssl.noaa.gov/education/svrwx101>.



Heavy rains and burn scars from the Calf Canyon/Hermits Peak wildfires in 2022 are no match for Las Vegas. Heavy rains in 2024 caused massive flooding and evacuations.



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New Mexico Apprentice Takes Silver Medal at National Competition

New Mexico apprentice James Bailey of Trinity Mechanical, Inc. won the Silver Medal at the 2024 ABC National Craft Championship in the sheet metal competition.

Each year the national Associated Builders and Contractors organization holds a Craft Championship at their annual conference with over 300 hundred apprentices from around the country participating. The New Mexico chapter sponsored four apprentices to the event this year. To qualify the apprentice must be a 4th year senior apprentice with high GPAs and have the recommendation of their instructors. The competition includes one day of written testing and a 2nd full day of skills testing. This year the New Mexico participants were:

- Ryan Millis of Franken Construction— Carpentry
- Alonzo Montano of APIC Solutions, Inc.— Electrical
- Steven Arnot of Rodgers Plumbing & Heating, Inc.— Plumbing
- James Bailey of Trinity Mechanical, Inc.— Sheet Metal



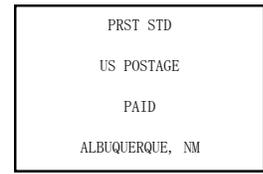
The New Mexico chapter of ABC has extensive craft and apprentice training programs in several construction disciplines. If you are interested in having any of your employees become apprentices or take any of these classes, please check the ABC website at abcnm.org for upcoming classes and application information.

Builders Trust is proud to be partnered with ABC NM. Both organizations put a high emphasis on safety and the necessity of bringing in trained and qualified people to the construction industry in New Mexico.

A Reminder About Hiring Summer Help...

It's summer, and while everyone is looking for employees, you should be aware of the rules regarding the hiring of anyone under the age of 18. In construction, this is even more significant. There are state and federal laws regarding the hiring of teens and what they are legally allowed to do. Builders Trust has a section in the Participant Manual and on the portal under **Resources** that has a lot of good information on what young adults are and are not allowed to do. Please read through this information carefully before considering hiring a teenager. You can also call our Policy Administration or Premium Audit Departments at (505) 345-3477 with any questions. Or you can go directly to the New Mexico Workforce Solutions website for information at: <https://www.dws.state.nm.us/labor-relations/labor-information/child-labor> or the US Department of Labor at: <https://www.dol.gov/general/topic/youthlabor>





PLEASE ENJOY THIS COMPLIMENTARY ISSUE OF BT BLUEPRINTS

To find out how you can join Builders Trust of New Mexico AND receive the best value in workers' compensation coverage for New Mexico contractors, please contact us at PH: (505) 345-3477, (800) 640-3369 or www.builderstrust.com

Directing or Not Directing Care for an Injured Worker

Whether or not to direct care for an injured worker is always a question for our Participants.

Initial emergency medical treatment, such as an Emergency Room or Urgent care is not considered to be a selection of health care provider/facility by either the employer or the injured worker. The below pertains to medical treatment outside of Emergent Care.

If one of your employees is injured on the job, you as the employer can allow the injured worker to select their initial medical care provider/facility or you can direct the injured worker's initial medical care to a medical care provider/facility of the employers choosing. **Builders Trust highly recommends you ALWAYS let your injured employee choose his/her initial health care provider.** We also recommend that you have this clearly posted at your office, your worksites and anywhere you are required to post mandatory government posters, including your New Mexico Workers' Compensation Administration posters and Notice of Accident forms.

If you, as the employer, choose to direct medical care, your injured employee can then change to his/her choice of health care provider sixty days after the first date of (non-emergency) treatment. The injured worker will then control medical care for the remainder of the life of the claim.

Similarly, if the employer allows their injured worker to choose their medical provider, then the employer/insurer may direct medical care for the life of the claim, sixty days after the first date of (non-emergency) treatment.

Direction of health care provider is arguably the single most important decision made during the onset of a claim, as that decision lasts as long as the claim does.

As always, if you have any questions regarding direction of medical care please do not hesitate to call the Builders Trust Claims Department at (505) 332-9867 or (877) 777-7966.