



IEC of UTAH



NEWS OUTLET

Volume VIII

The Voice of Utah's Independent Electrical Contractors

Issue I

PRESIDENTS MESSAGE:

It is time to revel in the success of our apprenticeship graduates! Congratulations to all for their hard work and long hours. Everyone involved will tell you that it is a difficult apprenticeship with long hours on the job and long hours in the classroom. I had the opportunity and privilege to shake hands with every graduate that attended the IEC Graduation Banquet as they received their certificate of graduation and I would say from the smiles of accomplishment that it has been worth it! It is good to be among friends in our industry and I welcome the apprentices on their road to success as journeyman electricians and beyond.

This graduation marked a special note of accomplishment as well. IEC Education of Utah has completed its first year of teaching in the online format. This year of learning for both apprentices and teaching staff has met with great success. Our school has now been proven and it will continue to grow and meet the needs of many of our apprentices. Apprentices in the trade are now part of an online community that learns and grows together. I would encourage everyone in the IEC to check out our education program and see if it could work for them. I extend the call to all apprentices first year through fourth year to evaluate the program personally. We will have a summer open house to showcase the education programs and we will be glad to answer questions and help with demonstrations. I believe you will be surprised at just how good this program has become. Come join us! Let's get ready for the next year.

At this time I would like to offer a heartfelt thank you to all of the teachers in all of the programs that have taught IEC apprentices this last year. Your efforts are greatly appreciated. Your dedication, time and commitment to the next generation of electricians are astounding. So once again: Thank You!

Kevin Seeley
IEC of Utah President

AWESOME SUMMER SEMINAR June 23, 2009 4:00PM - 5:30PM

What is an LED?

- ◆ Comparison to Traditional Light Sources
- ◆ Thermal Effects on LEDs
- ◆ Binning Process
- ◆ White Light Process
- ◆ Color Quality / Color Rendering
- ◆ Lumens / Watt Comparison
- ◆ Generalized Product Showcase

Light dinner will be served, provided by EMS & Quantum
Contact the IEC Office for more information!!!!



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Contractor Members...

1st Choice Electric
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 Great Basin Electric
 Green Power Solutions
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 Mountain Man Electric
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Red Sands Electric
 Rich Electric
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Richard Darnell

**Members: Please
 remember our
 Distributor and
 Associate Members
 when making
 a business
 decision.**

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CED
 Codale Electric Supply
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 Estimation Software
 Nelson Fire System
 Fire Alarm Systems
 Quantum Lighting Group
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 Siemens E & A
 Siemens Gear & Control
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 Construction Attorneys
 Utah Employment Services
 Construction Staffing
 VanWagenen & Associates
 C.P.A. - Contractor Specific
 Vision InfoSoft Corporation
 Estimation Software

SPARK YOUR INTEREST:

IT'S THE LAW

PROHIBITION OF TEXT MESSAGING OR ELECTRONIC MAIL COMMUNICATION WHILE DRIVING

This bill modifies the Motor Vehicles Code, the Uniform Driver License Act, and the Criminal Code by amending provisions relating to the use of a handheld wireless communication device for text messaging or electronic mail communication while operating a moving motor vehicle.



This bill prohibits a person from using a handheld wireless communication device for text messaging or electronic mail communication while operating a moving motor vehicle on a highway in this state; provides exceptions to the handheld wireless communication device prohibition; provides penalties for violating the prohibition on using a handheld wireless communication device for text messaging or electronic mail communication while operating a moving motor vehicle; provides that criminal homicide is automobile homicide if a person operates a moving vehicle in a negligent or criminally negligent manner causing the death of another and was using a handheld wireless communication device for text messaging or electronic mail communication at the time of operation; provides penalties for automobile homicide in certain circumstances; provides that a judge or justice may order that a person's driver license be suspended for three months upon conviction of the prohibition on using a handheld wireless communication device for text messaging or electronic mail communication while operating a moving motor vehicle; requires the Driver License Division to immediately revoke, deny, suspend, or disqualify a person's license upon receiving a record of the person's conviction of automobile homicide while using a handheld wireless communication device for text messaging or electronic mail communication; and makes technical changes.

2009 General Session State of Utah
Chief Sponsor: Lyle W. Hillyard, House Sponsor: Kay L. McIlff

Are You Getting the Message? Texting + Driving = Danger

Americans love the convenience and sense of security cell phones give us. The number of cell phones is growing and they're being used in more ways than just talking—such as text messaging, picture messaging, and Internet surfing.

Has this useful device become a danger in the hands of inconsiderate users and distracted drivers?

BION – Believe it or not. Recent studies and news stories seem to confirm that driving and texting is a very dangerous combination.

According to a study sponsored by the National Highway Traffic Safety Administration (NHTSA), "...driving while text messaging was associated with a 400 percent increase in the amount of time spent looking away from the road, relative to driving without text messaging."

A new study conducted in Great Britain goes even farther. It shows that sending messages from cell phones while driving is more dangerous than climbing behind the wheel at the legal alcohol limit (.08% blood alcohol content). According to the report, texting drivers are distracted in three

ways: **Mental workload:** Composing text takes the mind off the road
Control: Using the phone's keypad means only one hand is on the wheel
Visual attention: Eyes are on the phone not on the road ahead.

When we add a human element to the statistics, the evidence can be sobering. The number of fatal auto accidents stemming from texting while driving is on the rise, especially among young drivers. In California, 25 people lost their lives and 135 were injured in a September 12, 2008, commuter train accident. Records show the driver of the train, which skipped a red light and hit a freight train head-on, received two text messages seconds before the terrible accident according to federal investigators.

AWTTW – A word to the wise. The California train accident should not have happened—but it did. It's an example of when multitasking should not be an option because only one task—safe driving—really matters.

Make your employees aware of the dangers of texting while driving, whether they're on the job or on their personal time. We should all think twice before putting our cellular phones into text mode when we're behind the wheel.

Some large corporations have established bans on use of cell phones while driving on company business—both as a safety precaution for their employees and to avoid possible liability. We urge you to consider this or other safety measures to encourage sensible use of cell phones in vehicles.

Safety tips for cell phone use in vehicles

- ◆ Don't hunt for a ringing phone that's out of reach.
- ◆ Pull over and stop to carry on a conversation.
- ◆ If you must talk, keep it short.
- ◆ Have a passenger take the call and relay the high points.
- ◆ Don't address emotional or distressing issues while driving.
- ◆ Let calls go to voice mail instead of answering.
- ◆ Don't text and drive.

Federated offers a safety program called "Distracted Driving—At What Cost?" that emphasizes the many ways business owners and their drivers can avoid the pitfalls of distracted driving. The program includes a packet of materials and a video that's sure to make an impression. This information was presented at IEC of Utah's General Membership Meeting on May 7, 2009, see Renee if you would like a packet of information.

EOM – End of Message. Wireless technology can be great. Benefits include calling for help in an accident, scheduling appointments, and getting directions. But with all the distractions facing drivers—both inside and outside the vehicle—don't add to the situation by trying to send a text message while driving.

Humberto Cruz
Federated Insurance

Driver Distraction: A Review of the Current State-of-Knowledge," Department of Transportation, NHTSA, DOT-HS-810-704 April 2008.

"The Effect of Text Messaging on Driver Behaviour" by N. Reed & R. Robbins, Transport Research Laboratory, for the RAC Foundation, September 18, 2008.



**IEC OF UTAH
FIFTH ANNUAL
APPRENTICESHIP GRADUATION BANQUET
MAY 16, 2009**

Congratulations

2	Arnsperger, Duke	Meibos, Jordan
0	Arreola, Gilbert	Michal, Albert
0	Ashcraft, David	Miller, Tyson
9	Bailey, Seth	Mitchell, Lewis
	Bascom, Brett	Nelson, Matthew
	Bass Brandon	Nichol, Kade
G	Batty, Michael	Norman, Jason
	Bryan, Chad	Nuttal, Joseph
R	Crosby, Ryan	O'Bryan, Cody
	Digerness, Daniel	Paxman, Brett
A	Faulkner, Travis	Robinson, Ryan
D	Flinders, Tarin	Rogers, Kacee
U	Hatch, Jeff	Shelley, Russell
A	Hopkins, Chad	Simon, Nick
T	Howard, Richard	Van Leeuwen, Ricky
E	Inama, Bryan	Walker, Kelly
S	Israelsen, Quinn	Williams, Kyle
	Krahenbuhl, Zachary	Woffinden, Nile
	Manwaring, Mark	Woolsey, Tyler
	Marchal, Scott	Yancey, Ryan
	Marcon, Jordan	
	Marcon, Joshua	

Over 132 attended the banquet and it was a beautiful evening and setting. Cleve, our speaker, did an awesome job and not only gave the apprentices some good advice but threw in some humor as well.

The apprentices took home a gift bag with over \$250.00 worth of items, everything from gift cards to 7 -in- 1 screwdrivers, flashlights, a water jug and cooler as well!!!

Keynote Speaker: Cleve Child
Ft. Douglas Officers Club

Evening Sponsored by:

ALL-TECH ELECTRIC
ARCO ELECTRIC
FEDERATED INSURANCE
GSL ELECTRIC
GREEN POWER SOLUTIONS
HIGHLAND ELECTRIC
JOHN WHITE & ASSOCIATES
TAYLOR ELECTRIC



Gift bags sponsored by:

AIRGAS INTERMOUNTAIN
CED
CODALE ELECTRIC SUPPLY
CRESCENT ELECTRIC SUPPLY
FEDERATED INSURANCE
GT SALES
GRAYBAR ELECTRIC SUPPLY
H & E EQUIPMENT SERVICES
HILTI
INFINITEAM INSURANCE
LYLE WILLIAMS COMPANY
PLATT ELECTRIC SUPPLY
QED
UTAH EMPLOYMENT SERVICE

For pictures link to: <http://picasaweb.google.com/iecofutah/2009ApprenticeBanquet?authkey=Gv1sRgCJfUro2HnN3GKA&feat=directlink>

SUMMER SAFETY

Health Benefits of Drinking Water

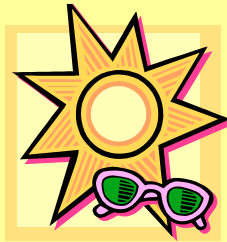
There are so many reasons why your body needs plenty of water to stay healthy. Are you really drinking enough water this summer?

Now that the heat of summer is upon us, we all need to be even more aware of how much water we're drinking. More specifically, we need to make sure we're drinking enough to stay healthy and hydrated.

Our bodies are around $\frac{3}{4}$ water by volume and it's needed for the proper functioning of most biological processes. Toxins and waste products are flushed out of the kidneys with water, our joints are kept lubricated by water, water aids in digestion and metabolism, and our bodies are kept cool through perspiration.

Some possibly misinterpreted signs of dehydration:

- ◆ Heartburn
- ◆ Back pain
- ◆ Depression
- ◆ Moodiness
- ◆ Headaches



By the time your mouth is getting dry and you actually feel thirsty, you're already well on your way to dehydration. Drink frequently through the day so that you don't actually ever get noticeably thirsty.

Drinking too little water can actually make our bodies retain fluid, because the lack of water can trigger a survival mechanism that "hoards" water within the tissues. There is nothing worse in the summer heat than bloating from excess water.

Now that you're convinced about how important water is, do you know how much you're supposed to drink each day? Well, you've likely heard the standard of eight 8-oz glasses each day. That's actually pretty accurate, though you should increase that by a few extra glasses each day if you are active or the weather is hot.

Yes, that's a lot of water if you're not used to it (and most people aren't). One handy way to keep track of what you've had, and to motivate you to keep drinking, is to take a large pop bottle (the 2 liter size) and fill it with water in the morning. Leave it in the fridge, and

aim to finish it before the end of the day.

It's best to drink plain water, rather than pop, coffee or other sweetened drinks. Coffee or alcohol will actually make you lose more water, and pop and juice will start to pad on the calories if you drink them all day long.

Take a bottle of water with you when you go out, for easy rehydrating. I'd suggest getting a good quality water bottle that you can refill yourself, instead of buying water in single serve bottles. All that plastic is bad for the environment. But if you do need to buy water, you should know what all those different kinds of water really are.

I've often added a few drops of liquid stevia to a glass of water to sweeten it, when I'm just not in the mood for plain water. It's an herbal sweetener that is very powerful, only a couple drops will do. No calories either.

Terri Paajanen

Keeping Children Safe In, On, and Around Water

Maintain constant supervision. Watch children around any water environment (pool, stream, lake, tub, toilet, bucket of water), no matter what skills your child has acquired and no matter how shallow the water.

Don't rely on substitutes. The use of flotation devices and inflatable toys cannot replace parental supervision. Such devices could suddenly shift position, lose air, or slip out from underneath, leaving the child in a dangerous situation.

Enroll children in a water safety course or Learn to Swim program. Your decision to provide your child with an early aquatic experience is a gift that will have infinite rewards. These courses encourage safe practices. You can also purchase a Community Water Safety Manual at your local Red Cross.

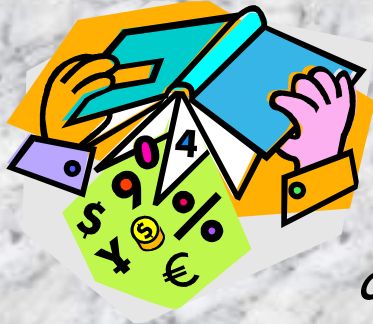
Parents should take a CPR course. Knowing these skills can be important around the water and you will expand your capabilities in providing care for your child.

<http://www.redcross.org>

DO YOU KNOW THE LAW?????

Rule R156-55b. Electricians Licensing Rules.

2) An apprentice in a planned training program as set forth in Subsection 58-55-302(3)(e)(i) may be supervised as a fourth year apprentice in the fifth and sixth year of apprenticeship; **however, in the seventh and succeeding years of apprenticeship, he shall be under immediate supervision** as set forth in Subsection 58-55- 302(3)(g)(i).



GOT MATH?

or does Math get you down????

Watch for our math refresher course.

June 23, 24 & 25, 2009

6:00PM - 9:00PM

Open to any and every one.



TEACHERS WANTED:

- ◆ IEC Education of Utah: If interested in teaching online, in a non traditional class room and have access to the internet. Contact: Ken Adams 801-255-3880 or 801-372-4265, ieceducation@integraonline.com
- ◆ SLCC: Looking for 2 (possibly 3) instructors for 2nd year and 1 (possibly 2) instructors for 3rd year for this coming fall semester. The 2nd year teachers would be teaching Mondays and Wednesdays and the 3rd Year Teachers would be teaching Tuesdays and Thursdays. Classes run from 7:00 pm to 9:20 pm. Contact: Will Pierce, 801-957-4066, wilfred.pierce@slcc.edu

Legislative up date 2009:

H.J.R. 008S01 Joint Resolution - Secret Ballot – Rep. Wimmer

Passed and should appear on the 2011 general election ballot – so we still have a long fight ahead of us.

S.B. 163 Construction Trade Exemptions – Senator Urquhart

Handyman bill passed. This bill modifies the exemptions from licensure provision of the Utah Construction Trades Licensing Act regarding electrical and plumbing work done on building projects with a value of less than \$3,000. This bill also provides that electrical and plumbing work done within a six month period on a building project with a value of less than \$3,000 must be done by a licensed electrical or plumbing contractor if the project involves an electrical or plumbing system; and provides that the electrical or plumbing work may be done by a licensed journeyman electrician or plumber if the project involves a component of an electrical or plumbing system such as a faucet, toilet, fixture, device, outlet, or electrical switch.

H.B. 154 State Construction Registry Amendments – Rep. Morley

This bill amends the State Construction Registry and certain related powers of the Division of Occupational and Professional Licensing (DOPL). This bill also modifies the definition of final completion of an original contract and project; modifies the subcontractor preliminary notice requirements; modifies the notice of commencement filing requirements; modifies the DOPL standardized building permit numbering system; prohibits a compliance agency from deviating from the DOPL standardized building permit numbering system; and makes technical corrections. The bill stated out to be controversial however after meetings with Senator Jenkins and Representative Morley we were able to overcome our differences and agree on the amended bill.

H.B. 249 Continuing Education for Contractors Amendments – Rep. Bigelow

This bill would have done away with continuing education for contractors (the 6 hours) it did not pass. Contractors are still required to have 6 hours every two years. (Note – Electrical Contractors are exempt as long as they have their 16 hours).

S.B. 211 Building Code Amendments – Senator Bramble

This bill modifies the adoption and administration of the building and fire codes. This bill also modifies the powers and duties of the Uniform Building Code Commission, including: authorizing the commission to recommend building codes to the Legislature for adoption; and authorizing the commission to adopt building codes for public welfare during the legislative interim that are repealed at the end of the next legislative session; modifies the powers and duties of the Fire Prevention Board, including: authorizing the board to recommend fire codes to the Legislature for adoption; and authorizing the board to adopt fire codes for public welfare during the legislative interim that are repealed at the end of the next legislative session; and makes technical corrections. Before this bill, the responsibility of the Uniform Building Code Commission was to enact the building codes and or amendments that would be enforced in the State of Utah and what date i.e. the 2008 NEC was adopted January 1, 2009. They will now review all building codes and make a recommendation to the Business and Labor Committee which in turn will accept the recommendation or reject. I will be interesting to see how this all plays out. The Commission is very inspector persuaded, so it will be interesting to see if legislators will listen to the public or go with the Commission recommendations. This bill also affects the fire sprinklers systems in residential housing....in fact the main reason the bill was run by the HBA.

S.B. 230 Construction Payment Amendments – Senator Bramble

This was our Certificate of Occupancy bill however it was gutted so that all opposing it would support it (i.e. AGC, banks, realtors.....etc). We will have to have a seminar with Stan so that he can help us understand what the bill does for us. The bill amends the portion of the Utah Code relating to mechanic's liens by changing notification requirements. The bill also requires an owner and a lender to file a notice of completion with the State Construction Registry; requires certain owners or contractors of a commercial nonresidential construction project to file a notice of intent to file a notice of completion with the State Construction Registry; requires a person to file a balance statement with the State Construction Registry; allows a person to make a demand for adequate assurance; creates a civil action for failure to provide adequate assurance; creates a civil action if a person makes a bad faith misrepresentation on the person's balance statement; and makes technical corrections.

H. B. 0015 Career and Technical Education Amendments – Rep. Bigelow

This bill is huge....great reading for that late night insomnia. We fought this bill like troopers but came out beat up and defeated!!!!!! This bill takes away any chance for college credit for the apprenticeship program except at Salt Lake Community College. This bill modifies provisions relating to career and technical education, including governance structures. This bill modifies terminology, definitions, and other provisions relating to career and technical education; modifies the governance structure for post-secondary career and technical education; modifies the nonvoting membership of the State Board of Education; modifies the membership of the State Board of Regents; modifies the membership, appointment procedures, and duties of the Utah College of Applied Technology's Board of Trustees; restructures the Salt Lake/Tooele Campus of the Utah College of Applied Technology as follows: establishes a School of Applied Technology at Salt Lake Community College; transfers the Salt Lake portion of the Salt Lake/Tooele Applied Technology College to Salt Lake Community College's School of Applied Technology; and retains the Tooele portion of the campus as the Tooele Campus of the Utah College of Applied Technology; creates a career and technical education board of directors at Salt Lake Community College and specifies its membership and duties; modifies career and technical education reporting provisions; prohibits the State Board of Regents from conducting a feasibility study or performing another act relating to merging Utah College of Applied Technology institutions with another institution of higher education; prohibits UCAT personnel from conducting a feasibility study or performing another act related to offering a degree or awarding credit; requires legislative appropriations for career and technical education programs at Salt Lake Community College, Snow College, and the College of Eastern Utah to be made as separate line items; and makes technical corrections.

For more information: www.utah.gov



SCHOOL ON LINE????? What's it all about????????????????

OPEN HOUSE.....

get all the information you want and ask any question.



July 16, 2009

IEC Office: 7044 Commerce Park Drive, Midvale

4:00PM to 7:00PM

No obligation!!!! Food and Drinks!!!!

What is e-learning???

Distance learning, sometimes called e-learning or web based learning is a formalized teaching and learning system specifically designed to be carried out remotely by using electronic communication. Because distance learning is not constrained by geographic considerations, it offers opportunities in situations where traditional education has difficulty operating. Students with scheduling or distance problems can benefit, as can employees, because distance education can be more flexible in terms of time and can be delivered virtually anywhere.

Perhaps the most relevant benefit involves the luxury of remaining in your home while studying. Other advantages include:

- ◆ Accessibility for those living away from the training center
- ◆ No waste of time or other resources in transport, commuting to a central location for each class
- ◆ Flexibility to study in any convenient location with an Internet connection
- ◆ Flexibility for those with irregular work schedules

Self-paced learning:

- ◆ Quickly browse materials you have already mastered, and concentrate time and effort in areas containing new information and / or skills
- ◆ Study materials at a personal speed and intensity, without having to wait for slower pace of the average classroom
- ◆ Flexibility to join conversations in the bulletin board discussion areas at any hour, and to review your classmates' comments since the previous visit

Just-in-time learning:

- ◆ More opportunities to study the most current material available

Recent research has shown that the most significant factor helping students to succeed -- or not -- in Web-based classes has been their ability to manage time. The more successful students reported spending 2 to 3 hours regularly each week for each hour of credit for a class. For example, a 4-hour credit class required a minimum of at least 8 to 12 hours of work each week of the semester to complete all requirements.

Without class lectures to spur a quick burst of activity to complete a project, for example, some students procrastinated only to find themselves so far behind that they could never recover. Experts strongly recommend that you devise a typical weekly schedule so that you will have a general guide for allocating appropriate time to study.

Computer-centered technology delivered over the Internet indicate that distance learning can be as effective as the traditional format when the methods are appropriate to the teaching tasks, there is student-teacher interaction, and the teachers provide students with appropriate and timely feedback.

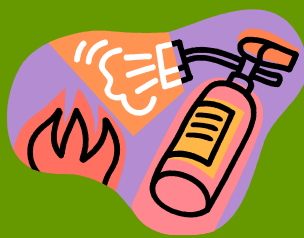
IEC OF UTAH
7044 Commerce Park Drive
Midvale, UT 84047
801-255-3880

TO:

Office Routing:



SAFETY TRAINING SEMINAR



Arc Flash Protection

June 16, 2009

2:00pm to 5:00pm

This affects RESIDENTIAL, COMMERCIAL, and INDUSTRIAL applications. Required labeling, tools and clothing will be taught.

Contact the IEC office for more information 801-255-3880