

# THE PLUG

**1<sup>st</sup>**  
**JESUS GARCIA**

**2<sup>ND</sup>**  
★★★★

**JACOB HONESTO**

**3<sup>rd</sup>**

**ADOLFO TINOCO**



**ELECTRICAL  
TRAINING ALLIANCE  
OF SILICON VALLEY**



## A Word from the Training Director

Spring is in the air! There is no better way to kick off the season than a good old-fashioned Skills Competition! We held our first **ETASV** Electrical Skills Competition in March 2024. It couldn't have gone any better. The contestants showcased their hard work and dedication culminating from their time within the apprenticeship. It was also a fun way to show family and friends the type of work performed, and skills needed to be a union electrician.

As the school year comes closer to an end, we are focusing heavily on the State Certification of all our graduating apprentices. Collectively between both the inside and residential classifications, we are at a **62%** certification rate. It is now crunch time for many apprentices. There are 3 ways California allows individuals to perform electrical work within the state. **1.) Be State Certified, 2.) Be a registered electrical trainee, or 3.) Be a registered apprentice for a recognized DAS approved apprenticeship program.**

The **IBEW, NECA**, and the **ETASV** strive to be the model for excellence within the electrical industry. Having state certified electricians upon graduation is paramount in that endeavor.

Enjoy this issue everyone! There are awesome photos showcasing the great skills tournament we held last month!

**-Albert Lancaster**

### ETASV Mission Statement

**“At the Electrical Training alliance of Silicon Valley, our mission is to provide first-class training and shape individuals to become competent, professional, and hardworking experts in the electrical construction industry. We are dedicated to serving the IBEW Local 332, and NECA Santa Clara Valley Chapter by instilling the knowledge, skills, and values necessary to excel in this field.”**

**Editor in Chief** - Albert Lancaster | **Managing Editor** - Marissa Souza  
**Journalists/Columnists/Photographers** - Michael Barrios, Miguel Lustre, Patrick Bynes, Basil Romero, and Brian Moffat



# *A Word from the Apprentice Coordinator*

In last month's newsletter I wrote:

"When our Apprentices compare their paychecks to that of their friends outside the trade, they may lose sight of the fact that their pay is based on market economics more than it is expertise."

I'd like to elaborate on that statement so that it's very clear what I mean. First off, what is market economics?

**Market Economics:** The principle that the pricing of goods and services are guided by the laws of supply and demand.

Many unionized workers don't grasp that possibly the biggest advantage a unionized workforce has over non-union is the ability, via a "hiring hall," to quickly and efficiently assemble a large number of workers to man a project. Non-union contractors generally don't have the ability to put out a call for more workers when their current workforce is too small. This is the reason that mega projects for companies such as Google, Apple, Intel, etc. are manned almost exclusively by union workers. This is also why there are so many traveling IBEW members working in our local.

There are other market forces that contribute to the wealth and prosperity of IBEW 332 members:

- 1) A longstanding regional tradition of labor unions.
- 2) A strong climate of political support for labor unions by elected officials.
- 3) A disproportionately high number of Fortune 500 companies (Apple, Alphabet (Google, YouTube), Meta (Facebook, Instagram), Intel, HP, Cisco, etc.) in Silicon Valley.
- 4) A disproportionately high number of corporations in emerging technologies (AI, autonomous vehicles, blockchain, biometrics, biotech) in Silicon Valley.
- 5) A disproportionately high number of data centers in Silicon Valley.

Due to these market advantages, our members are among the highest-paid construction workers in the world. Comparatively, a person who graduates from Stanford University with a BS in Computer Science (the gold standard for 4-year degrees in the U.S.) will see first year earnings of about **\$100,000/year** salary (no overtime is paid in the High-Tech industry) after accruing college debt of about **\$300,000**.

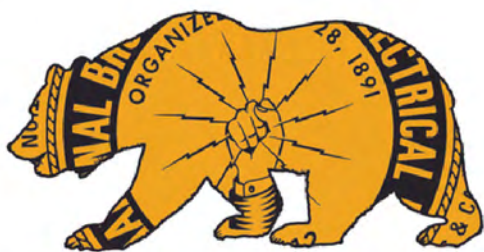
IBEW 332 Apprentices are among the brightest and best-trained in the industry. However, try to remember that the money you make is a product of market economics and does not mean that you are smarter or more qualified than other workers in other industries. As always stay **humble and grateful**.

*-Robert Chan*





## 5TH YEAR ELECTRICAL SKILLS TOURNAMENT





On Saturday March 9th, the ETASV hosted its inaugural 5th Year Electrical Skills Tournament. Modeled after the prestigious Western States Contest which the ETASV hosted in August 2023, The Electrical Skills Tournament consists of 7 events: Written Exam, Residential Wiring, Motor Controls Written, Motor Controls Hands-on, Material Identification, 1/2" and 3/4" Conduit Bending. The tournament had 14 participants and 150 attendees including guests, ETASV Instructors and staff, and Apprentice Volunteers.

The overall winner of the event was **Jesus Gomez-Garcia** who also won the Motor Controls Written event. Second overall went to **Jacob Honesto** who won the Motor Controls Hands-on. **Adolfo Tinoco** finished in 3rd place and was victorious in the Residential Wiring and Material ID events. Other event winners were **Roderick Anda** (1/2" Conduit Bending) **Jason Hershfield** (Written Exam) and **Nina Guerrero** (3/4" Conduit Bending) Also noteworthy was the participation of 3rd Year Residential Apprentice **Martin Fernandez** who lobbied to be included in the field and performed admirably. Others distinguishing themselves were **Timothy Sexton**, **Javier Bustamante**, **David Kuri De Labra**, **Carlos Ballejo-Reyes**, **DeAngelo Kamber**, **Ted Marks**, and **Andre Garcia**.

Our congratulations to all the contestants!





# MEET AN INSTRUCTOR

## Ed Logan 2nd Yr Residential

### What is your background and experience in the industry/union?

My background and experience is that I am following my grandfather and fathers career choice. I started my apprenticeship back in 2000 and finished in 2005. As a proud member of local 332 I have worked as a Journeyman Wireman and as a Foreman.

### Why did you decide to teach at the ETASV?

I have always loved teaching and working with the apprentices showing them things in the classroom and field that were passed down to me. I love seeing the apprentices succeed in school and in life.

### What do you like best about teaching?

I enjoy the camaraderie and energy here at the ETASV. Every time I enter the ETASV I learn something from someone else, whether it's from an apprentice or fellow instructors.

### What is the career future like for an apprentice who graduates?

The future career of the apprentices is wide open. The options are endless. It could be being happy just being a JW, foreman, GF, or going into the office as management. Some may have the desire to open their own shop. Their path may take them anywhere in the world if desired.

### What do you like to do outside of work and teaching?

My main hobby is bowling leagues on Thursday nights and once a month 8 game tournaments in Morgan Hill.

### Share a fun fact

I have two daughters and 6 grandchildren.





# MEET AN ETASV STAFF MEMBER

**How long have you worked at the ETASV?**

13 years in October.

**What is your role (scope) of work in the office?**

I schedule all apprentice classes, maintain weekly attendance, partner with Albert to review curriculum and plan the new school year, order textbooks, plan graduation (I enjoy planning parties), and Blended Learning enrollments. There is a lot going on behind the scenes with Foothill College (class scheduling, rosters, grades, ordering diplomas on time), The Department of Industrial Relations, and Department of Labor. Contractors reach out to verify enrollment for public works projects. We must be organized and prepared for audits at any time.



**RACHELE SALAZAR**

**Favorite part of working at the ETASV?**

The office ladies! Of course, all the staff and apprentices. We have a great team, and this is such a fun place to work.

**Do you ever think, maybe I should get in the trade?**

Thought about it a few times. However, if I wasn't working here, I would be in the legal field as a paralegal or in law school.

**Coffee or Tea?**

COFFEE but I'm down for a good milk tea.

**Fun fact about yourself**

Two fun facts. 1) I have a twin sister. 2) Before working here, I used to work Loss Prevention (undercover security) while going to college. A current 5th year apprentice used to be my boss! He helped me catch two employees that stole over \$40,000 of merchandise.

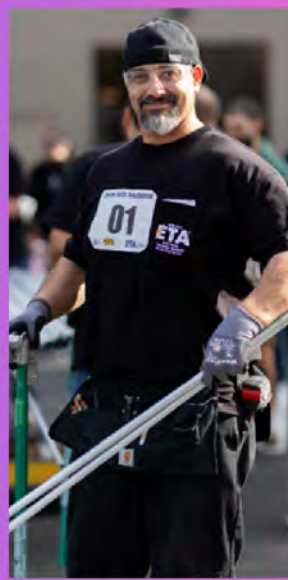
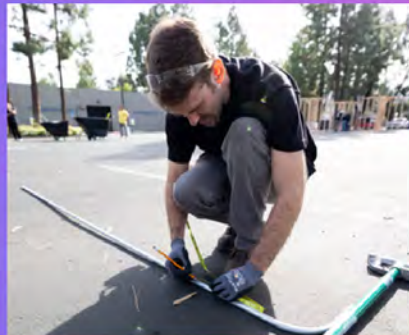
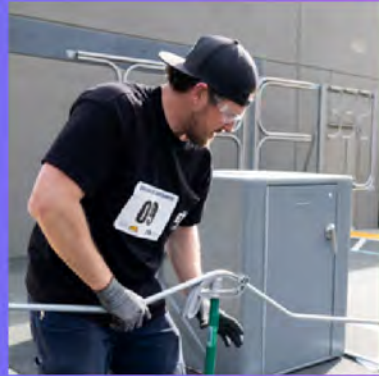
**Top 3 movies of all time?**

I can't stop at 3. So many good ones. In no order, The Godfather Part II, Goodfellas, A Bronx Tale, My Cousin Vinny, Steel Magnolias, The Help, and The Shawshank Redemption to name a few.

**What is your favorite book?**

First off, I LOVE READING. Some of my favorites are A Thousand Splendid Sons, The Nightingale, & Solito. Set a goal to finish 50 books this year. Currently on 27. If you have recommendations or need one, stop by the front 😊







# SPARKY!

## Spotlight



### Name, classification, and year?

My name is Omar Martinez, and I am a 2nd Year Residential Apprentice.

### What made you interested in joining an IBEW apprenticeship?

One of the key factors that intrigued me about the apprenticeship was the Code of Excellence. Before I heard of the apprenticeship, I had the privilege of hearing about the program in depth from friends and family who are current members. They shared about the Code of Excellence and about the level of detail and knowledge that was passed onto them during their time in the apprenticeship. The work culture they described was appealing to me because I knew I could learn craftsmanship in electrical work at the highest standard from some of the most experienced electricians.

### What is something exciting you have learned so far?

I had a great time installing 2" conduit for the DAS system in a couple buildings. It taught me a lot about the basics of conduit bending, code, and good practices.

## OMAR MARTINEZ

### What are you most excited to learn about before you tune out?

Before I journey out, I hope to be a part of the installation of switch gears and to learn more garage work.

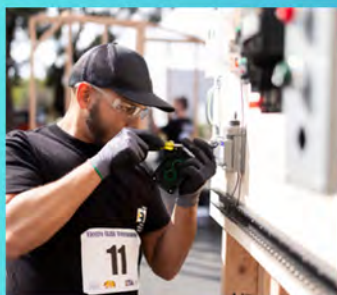
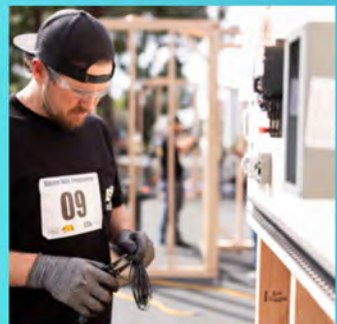
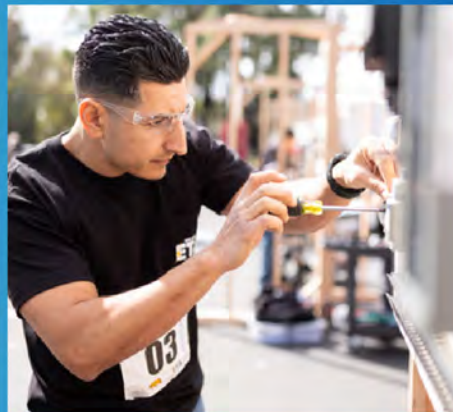
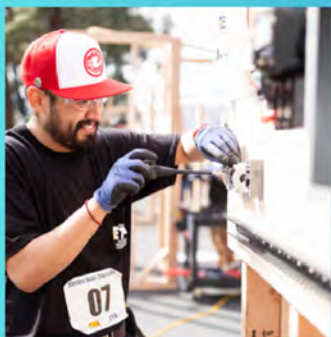
### A fun fact about yourself.

Something I've kept throughout the years is my passion for playing piano. I started learning from the age of 13 and have continued learning since.

### If you were stuck on a deserted island by yourself, what would be 3 things you would bring with you?

If I was stuck on a deserted island by myself, I would bring  
1) a knife 2) a sleeping bag  
and 3) an acoustic guitar!









## **SUPERINTENDENT INTERVIEW**

### **INSTRUCTOR DANIEL CHOMA**

**How do NECA and the IBEW work together? What important roles do each organization perform?**

NECA & the IBEW coexist for the betterment of the electrical industry, we work together to better each other & we need each other to be successful. NECA provides quality projects & office personnel. IBEW provides highly qualified labor & highly trained field supervisory personnel. This combination has created a very successful marriage of the NECA & IBEW.

**What does an average workday as a Superintendent look like? What are the biggest priorities and hurdles you face?**

My day starts early by assisting field supervisors or anyone who has an issue by resolving them or finding someone who can. I visit job sites to talk with field supervisors & general contractors to ensure all projects are running smoothly & properly manned. The biggest priority is making sure all projects are properly manned & moving personnel around as projects ebb & flow to meet all construction timelines. One of the biggest hurdles is making sure the proper personnel are assigned to projects that will make them, the field supervisor & the project an overall success.

**What skill sets make a successful Superintendent and how do you continue to grow in your role?**

Effective communication is without a doubt a very important skill set that requires constant upgrading. My communication skills need to always evolve to meet future requirements. Constantly striving to be or do better by educating & learning, either by formal education, from peers or on the job training. Mentoring personnel by passing down techniques, processes and other information that I have acquired over my career.

**What are the strongest characteristics of a successful leader in the Electrical Industry?**

Be humble, ask questions, constantly learn & educate yourself. Good communication skills are essential, mentorship, dependability & integrity are very important. Critical thinking abilities & a thorough knowledge of the electrical & construction industry.

**What were the key positions you previously held or hands-on experiences that led you to your current role?**

I worked in the Navy as a welder performing maintenance on submarines. This work had to be correctly completed due to the service requirements of the submarine. Throughout my career from apprentice to general foremen & into superintendent I was introduced to supervisors & peers who gave me sound advice that have led me to my current position. At all my prior companies I was encouraged to educate myself & I was exposed to all aspects of the electrical construction industry, this includes both the field & business practices.

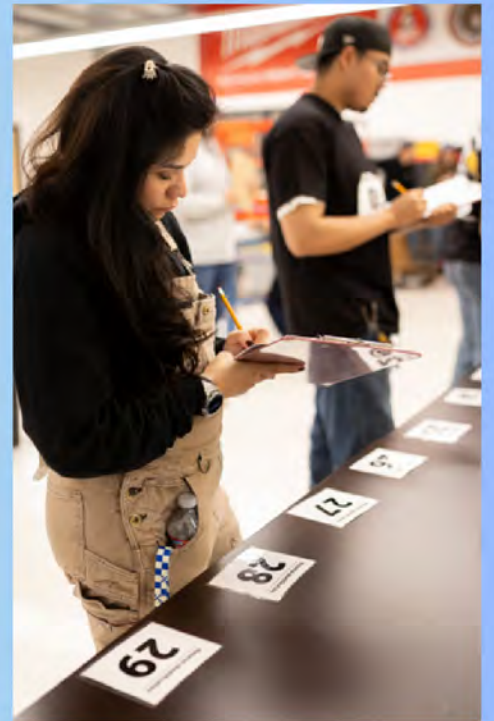
**How can an up-and-coming Journeyman get ahead and set themselves apart as a leader? What are the training courses, experiences that are the most valuable for career development and advancement.**

Get engaged, be inquisitive, ask questions, get out of your comfort zone & challenge yourself. The future is electronic devices & the programs that manage projects, Bluebeam, Procore, Trimble, PlanGrid, become familiar with the device & programs. Understanding how a job goes from an idea, to contract, to coming out of the ground & then to completion. Any foreman development or classes that give insight to the business aspect of construction is important. It will give them an insight into how & what it takes to run a business, what makes a successful or unsuccessful company and how we as field personnel play a very important role in that process. Understand that you are only as successful as your supervisor & give the accolades to those personnel.

**How would you describe the culture, the company's values, and dynamics of the company's current workforce? How does it compare to the past and what is it projected to look like in the future?**

First and foremost, leadership is from the top down & we understand that our success is directly proportional to the success of the personnel you supervise. Supporting the field personnel to ensure their success is an essential part of our philosophy & giving them the credit they deserve when they succeed. We are building a core group of personnel that take pride in their job, want to grow & be proud of building the company they call home.







# REMINDERS

4/13/2024 - CPR/FIRST AID TRAINING

4/20/2024 - 3RD YR AND 5TH YR SELFIES ARE DUE

(EMAIL TO [KIM@ETASV.ORG](mailto:kim@etasv.org))

5/3/2024 - GRADUATION RSVP'S AND PAYMENTS ARE DUE

5/11/2024 - CPR/FIRST AID TRAINING

FOOD TRUCK IS HERE M-TH FROM 5PM-7PM

**\*APPRENTICES, BE SURE TO SUBMIT YOUR HOURS BY THE 7TH OF E A C H MONTH\***

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**Eligible 4 A Raise!**



1. YOU MUST HAVE COMPLETED THE SEMESTER
2. REQUIRED HOURS NEED TO BE SUBMITTED AND APPROVED
3. CPR/FIRST AID AND SEXUAL HARASSMENT PREVENTION NEED TO BE UP TO DATE
4. EMAIL - [ADVANCEMENTREQUESTS@ETASV.ORG](mailto:ADVANCEMENTREQUESTS@ETASV.ORG)





# Did YOU KNOW?

- Your company can do training at the ETASV as well? Cupertino Electric just finished up their 3-day supervisor safety training. If you need a place to give instruction or have a meeting, the ETASV is the place!



## GRADUATING THIS YEAR?



**GRADUATION IS  
JUNE 14TH, 2024**

- 3RD YR RESI AND 5TH YR INSIDE APPRENTICES NEED TO SUBMIT SELFIE'S BY 4/20 (SEND TO [KIM@ETASV.ORG](mailto:KIM@ETASV.ORG))
- CPR/FIRST AID AND SEXUAL HARASSMENT PREVENTION NEED TO BE UP TO DATE
- INSIDE GRADS MUST HAVE **8000** OJT HOURS APPROVED AND RESI GRADS MUST HAVE **4800** OJT HOURS APPROVED
- **PASS YOUR CLASS WITH A PASSING GRADE (85% OR HIGHER)**
- IF YOU'RE INTERESTED IN VOLUNTEERING, PLEASE EMAIL [RACHELE@ETASV.ORG](mailto:RACHELE@ETASV.ORG)







# SAFETY CORNER

## MOBILE EQUIPMENT ELECTRICAL HAZARD AWARENESS



ON FEBRUARY 23RD, 2024 TWO PAINTERS WERE WORKING FROM A BOOM LIFT IN SAN JOSE AT AN APARTMENT COMPLEX WHEN THE OPERATOR MOVED THE PLATFORM WITHIN 10 FEET OF A HIGH-VOLTAGE TRANSMISSION LINE CAUSING IT TO ARC. BOTH WORKERS SURVIVED THE INCIDENT BUT SUFFERED FLASH BURNS & HAD TO BE RESCUED BY THE FIRE DEPARTMENT UPON PG&E DE-ENERGIZING THE TRANSMISSION LINE. WE WANTED TO BRING AWARENESS ON UTILIZING AERIAL WORK PLATFORMS NEAR HIGH-VOLTAGE TRANSMISSION LINES.

**NFPA70E Article 130.9 (F) provides guidance working from equipment within the Limited Approach Boundary & Arc Flash Boundary of Overhead Lines.**

- **Article 130.9(F) Vehicular and Mechanical Equipment**

**(1) Elevated Equipment.** Where any vehicle or mechanical equipment structure will be elevated near energized overhead lines, it shall be operated so that the limited approach boundary distance of 10 feet is maintained. However, under any of the following conditions, the clearances shall be permitted to be reduced.



(1) If the vehicle is in transit with its structure lowered, the limited approach boundary to overhead power lines shall be permitted to be reduced by 6 feet. If insulated barriers, rated for the voltages involved, are installed and they are not part of the attachment to the vehicle, the clearance shall be permitted to be reduced to the design working dimensions of the insulating barrier.

(2) If the equipment is an aerial lift insulated for the voltage involved, and if the work is performed by a qualified person, the clearance (between the uninsulated portion of the aerial lift and the power line) shall be permitted to be reduced to the restricted approach boundary given in Table 130.4(E)(a), column 4 or Table 130.4(E)(b), column 4.



**Table 130.4(E)(a) Electric Shock Protection Approach Boundaries to Exposed Energized Electrical Conductors or Circuit Parts for Alternating-Current Systems**

(1)	(2)	(3)	(4)
Limited Approach Boundary <sup>b</sup>			Restricted Approach Boundary <sup>b,d</sup> ; Includes Inadvertent Movement Adder
Nominal System Voltage Range, Phase to Phase <sup>a</sup>	Exposed Movable Conductor <sup>c</sup>	Exposed Fixed Circuit Part	
Less than 50 V	Not specified	Not specified	Not specified
50 V–150 V <sup>e</sup>	3.1 m (10 ft 0 in.)	1.0 m (3 ft 6 in.)	Avoid contact
151 V–750 V	3.1 m (10 ft 0 in.)	1.0 m (3 ft 6 in.)	0.31 m (1 ft 0 in.)
751 V–5 kV	3.1 m (10 ft 0 in.)	1.0 m (3 ft 6 in.)	0.63 m (2 ft 1 in.)
5.1 kV–15 kV	3.1 m (10 ft 0 in.)	1.5 m (5 ft 0 in.)	0.65 m (2 ft 2 in.)
15.1 kV–36 kV	3.1 m (10 ft 0 in.)	1.8 m (6 ft 0 in.)	0.77 m (2 ft 7 in.)
36.1 kV–46 kV	3.1 m (10 ft 0 in.)	2.5 m (8 ft 0 in.)	0.84 m (2 ft 10 in.)
46.1 kV–72.5 kV	3.1 m (10 ft 0 in.)	2.5 m (8 ft 0 in.)	1.0 m (3 ft 4 in.)
72.6 kV–121 kV	3.3 m (10 ft 8 in.)	2.5 m (8 ft 0 in.)	1.2 m (3 ft 9 in.)
121.1 kV–145 kV	3.4 m (11 ft 0 in.)	3.1 m (10 ft 0 in.)	1.3 m (4 ft 4 in.)
145.1 kV–169 kV	3.6 m (11 ft 8 in.)	3.6 m (11 ft 8 in.)	1.5 m (4 ft 10 in.)
169.1 kV–242 kV	4.0 m (13 ft 0 in.)	4.0 m (13 ft 0 in.)	2.1 m (6 ft 8 in.)
242.1 kV–362 kV	4.7 m (15 ft 4 in.)	4.7 m (15 ft 4 in.)	3.5 m (11 ft 2 in.)
362.1 kV–420 kV	5.8 m (19 ft 0 in.)	5.8 m (19 ft 0 in.)	4.3 m (14 ft 0 in.)
420.1 kV–550 kV	5.8 m (19 ft 0 in.)	5.8 m (19 ft 0 in.)	5.1 m (16 ft 8 in.)
550.1 kV–800 kV	7.2 m (23 ft 9 in.)	7.2 m (23 ft 9 in.)	6.9 m (22 ft 7 in.)

NOTES:

(1) FOR ARC FLASH BOUNDARY, SEE 130.5(E).

(2) ALL DIMENSIONS ARE DISTANCE FROM EXPOSED ENERGIZED ELECTRICAL CONDUCTORS OR CIRCUIT PART TO EMPLOYEE.

A FOR SINGLE-PHASE SYSTEMS ABOVE 250 VOLTS, SELECT THE RANGE THAT IS EQUAL TO THE SYSTEM'S MAXIMUM PHASE-TO-GROUND VOLTAGE MULTIPLIED BY 1.732.

B SEE DEFINITION IN ARTICLE 100 AND TEXT IN 130.4(F)(3) AND INFORMATIVE ANNEX C FOR ELABORATION.

C EXPOSED MOVABLE CONDUCTORS DESCRIBES A CONDITION IN WHICH THE DISTANCE BETWEEN THE CONDUCTOR AND A PERSON IS NOT UNDER THE CONTROL OF THE PERSON. THE TERM IS NORMALLY APPLIED TO OVERHEAD LINE CONDUCTORS SUPPORTED BY POLES.

D THE RESTRICTED APPROACH BOUNDARY IN COLUMN 4 IS BASED ON AN ELEVATION NOT EXCEEDING 900 M (3000 FT). FOR HIGHER ELEVATIONS, ADJUSTMENT OF THE RESTRICTED APPROACH BOUNDARY SHALL BE CONSIDERED.

E THIS INCLUDES CIRCUITS WHERE THE EXPOSURE DOES NOT EXCEED 120 VOLTS NOMINAL.

**Table 130.4(E)(b) Electric Shock Protection Approach Boundaries to Exposed Energized Electrical Conductors or Circuit Parts for Direct-Current Voltage Systems**

(1)	(2)	(3)	(4) <sup>b</sup>
Limited Approach Boundary			Restricted Approach Boundary; Includes Inadvertent Movement Adder
Nominal Potential Difference	Exposed Movable Conductor <sup>a,d</sup>	Exposed Fixed Circuit Part	
Less than 50 V	Not specified	Not specified	Not specified
50 V–300 V	3.1 m (10 ft 0 in.)	1.0 m (3 ft 6 in.)	Avoid contact
301 V–1 kV	3.1 m (10 ft 0 in.)	1.0 m (3 ft 6 in.)	0.3 m (1 ft 0 in.)
1.1 kV–5 kV	3.1 m (10 ft 0 in.)	1.5 m (5 ft 0 in.)	0.5 m (1 ft 5 in.)
5.1 kV–15 kV	3.1 m (10 ft 0 in.)	1.5 m (5 ft 0 in.)	0.7 m (2 ft 2 in.)
15.1 kV–45 kV	3.1 m (10 ft 0 in.)	2.5 m (8 ft 0 in.)	0.8 m (2 ft 9 in.)
45.1 kV–75 kV	3.1 m (10 ft 0 in.)	2.5 m (8 ft 0 in.)	1.0 m (3 ft 6 in.)
75.1 kV–150 kV	3.3 m (10 ft 8 in.)	3.1 m (10 ft 0 in.)	1.2 m (3 ft 10 in.)
150.1 kV–250 kV	3.6 m (11 ft 8 in.)	3.6 m (11 ft 8 in.)	1.6 m (5 ft 3 in.)
250.1 kV–500 kV	6.0 m (20 ft 0 in.)	6.0 m (20 ft 0 in.)	3.5 m (11 ft 6 in.)
500.1 kV–800 kV	8.0 m (26 ft 0 in.)	8.0 m (26 ft 0 in.)	5.0 m (16 ft 5 in.)

NOTE: ALL DIMENSIONS ARE DISTANCE FROM EXPOSED ENERGIZED ELECTRICAL CONDUCTORS OR CIRCUIT PARTS TO WORKER.

A EXPOSED MOVABLE CONDUCTOR DESCRIBES A CONDITION IN WHICH THE DISTANCE BETWEEN THE CONDUCTOR AND A PERSON IS NOT UNDER THE CONTROL OF THE PERSON. THE TERM IS NORMALLY APPLIED TO OVERHEAD LINE CONDUCTORS SUPPORTED BY POLES.

B THE RESTRICTED APPROACH BOUNDARY IN COLUMN 4 IS BASED ON AN ELEVATION NOT EXCEEDING 900 M (3000 FT). FOR HIGHER ELEVATIONS, ADJUSTMENT OF THE RESTRICTED APPROACH BOUNDARY SHALL BE CONSIDERED.



# SAFETY CORNER

## MOBILE EQUIPMENT ELECTRICAL HAZARD AWARENESS/SAFETY TIPS



ON AVERAGE, 32 CONSTRUCTION WORKERS DIE EACH YEAR FROM USING AERIAL LIFTS.

MANY DEATHS INVOLVE BOOM-SUPPORTED LIFTS. MOST OTHER DEATHS INVOLVE SCISSOR LIFTS, ELECTROCUTIONS, FALLS, AND TIP-OVERS. OTHER CAUSES INCLUDE BEING CAUGHT BETWEEN THE LIFT BUCKET OR GUARDRAIL AND OBJECT (SUCH AS STEEL BEAMS OR JOISTS) AND BEING STRUCK BY FALLING OBJECTS. A WORKER CAN ALSO BE CATAPULTED OUT OF A BUCKET, IF THE BOOM OR BUCKET IS STRUCK BY SOMETHING.

**FACT:** HIGH-VOLTAGE TRANSMISSION LINES CAN CREATE AN ELECTRICAL ARC ACROSS AN AIR GAP. FOR EXAMPLE, DURING OPERATION OF A 500,000-VOLT LINE, ARCING CAN OCCUR ACROSS A DISTANCE OF SEVEN FEET OR MORE.

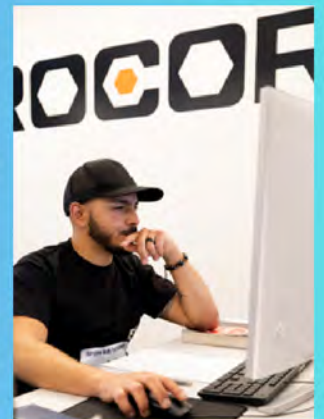
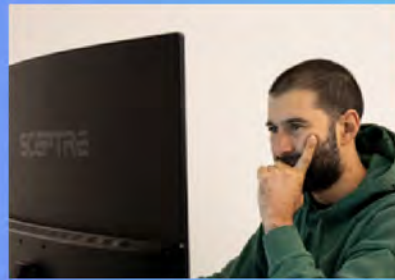
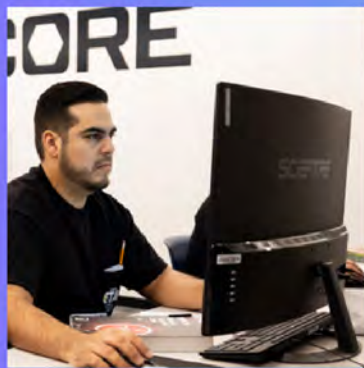
INSPECT LIFTS PRIOR TO OPERATING EACH DAY:

CHECK OPERATING AND EMERGENCY CONTROLS, SAFETY DEVICES, HYDRAULICS, TIRES, GROUND CONDITIONS, AND OTHER ITEMS SPECIFIED BY MANUFACTURER.

USING AN AERIAL LIFT:

- ALWAYS CLOSE LIFT PLATFORM CHAINS OR DOORS.
- STAND ON THE FLOOR OF THE LIFT PLATFORM. DO NOT CLIMB ON OR LEAN OVER GUARDRAILS.
- DO NOT EXCEED MANUFACTURER'S LOAD-CAPACITY LIMITS (INCLUDING THE WEIGHT OF SUCH THINGS AS BUCKET LINERS AND TOOLS).
- IF WORKING NEAR TRAFFIC, SET UP WORK-ZONE WARNINGS, LIKE CONES AND SIGNS.
- STAY AT LEAST 10 FEET AWAY FROM OVERHEAD POWER LINES.
- UTILITY COMPANY MUST DE-ENERGIZE/INSULATE COVER UP POWER LINES.
- ALWAYS USE A PERSONAL FALL ARREST SYSTEM OR FALL RESTRAINT WITH BOOM LIFTS.
- DO NOT DRIVE WITH THE LIFT PLATFORM ELEVATED.
- DO NOT EXCEED SPECIFIED LOAD-CAPACITY OF THE LIFT.

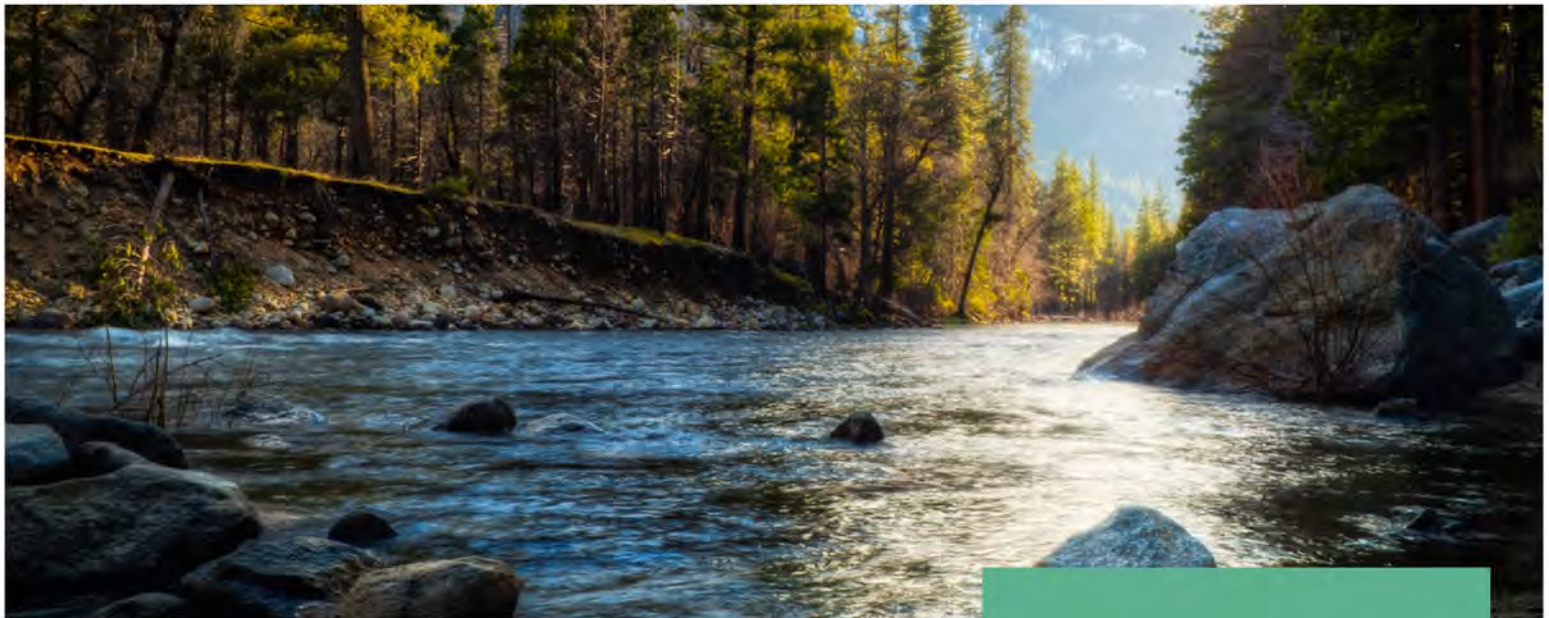








# MENT 2 HELP CORNER



Every year, millions of Americans struggle with symptoms of Anxiety. Due to it being such a significant issue it deserves attention as it has an impact on everything from workplace performance to personal relationships.



Some common anxiety triggers are:

- Meeting new people & initiating conversation.
- Trying to perform well at work or school.
- Trying new things or making mistakes.



Here at the ETASV we care about your physical/mental well-being & recognize that sometimes there are many things in your lives which can contribute to Anxiety & Stress. Anxiety is a common human experience, but for some it can become overwhelming & persistent.

Young people are more likely to experience symptoms of anxiety than older adults, with nearly 50% of those between the ages of 18 and 24 reporting anxiety symptoms.



# MENT 2 HELP CORNER

## Anxiety & Stress Awareness Tips



MENTAL HEALTH

The ETASV wants to provide some healthy ways to assist with coping with Anxiety/Stress and always know you matter! Don't allow anyone or anything to take your peace away.



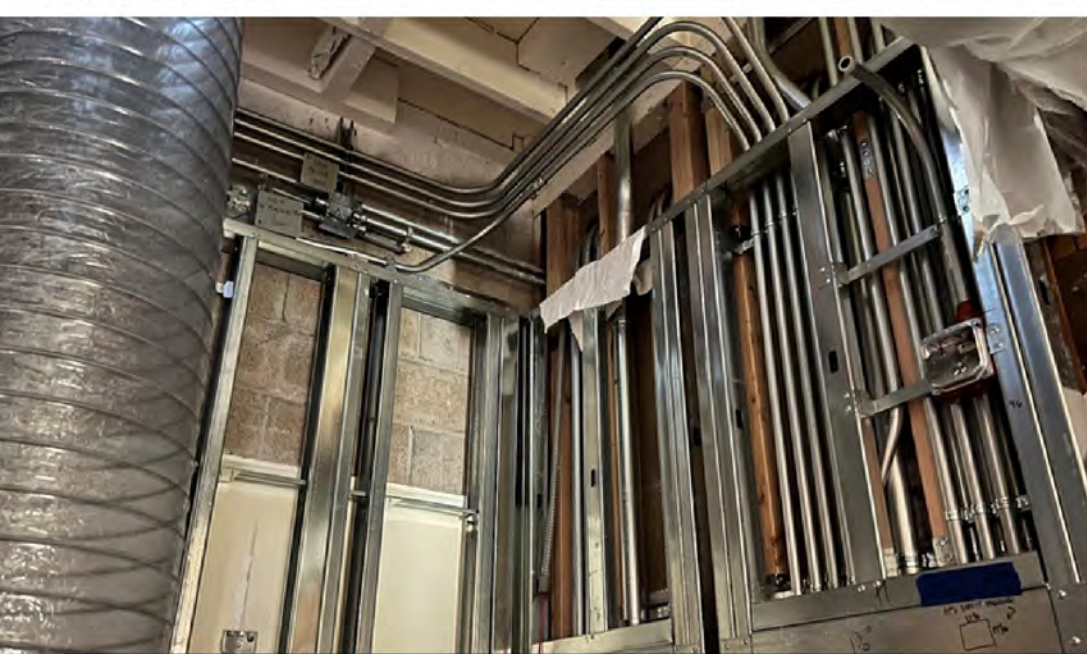
**Do your best  
and let the rest go.**  
You can't be perfect, no matter how hard you try, so give yourself credit for making an effort, and try to stop stressing about the outcome.

*Lori Deschene*

[tinybuddha.com](http://tinybuddha.com)

- **Take care of yourself** -Eat healthy, exercise, get plenty of rest.
- **Talk to others** -Talk to people you trust about how you are feeling.
- **Take time to unwind.**
- **Take breaks from social media.**
- **Take up hobbies**-Listening to music, reading a book, photography, travel, cooking or hiking.





# APPRENTICES ON THE JOB





ASKING FOR  
**HELP**  
IS OK



**FIND HELP**

**FOR MENTAL HEALTH  
AND SUBSTANCE USE**

988 SUICIDE & CRISIS LINE

CALL or TEXT 988 or 988LIFELIN.org

VETERANS CRISIS LINE

DIAL 988 (PRESS 1) TEXT 838255

DISASTER DISTRESS HELPLINE

CALL or TEXT 1-800-985-5990

SAMHSA'S NATIONAL HELPLINE

1-800-662-HELP (4357)

FindTreatment.gov

FindSupport.gov

samhsa.gov//find-help





# RESOURCES



- Your medical insurance provides for mental health benefits.
- All Apprentices are students at Foothill College. Here is a link to their Mental Health Resources:  
<https://foothill.edu/mentalhealthwellness/mentalhealth.html>
- For Inside Wiremen, we have an “Employee Assistance Program (EAP) that provides free services to those with substance and alcohol abuse, addiction and dependency problems: <https://www.beatiteap.com/>

• Better Help is not directly covered under our health plans, but it can be paid with using our UAS HRA Card. The site matches you with a licensed therapist based on your criteria (gender, faith, LGBTQ, age, race). Your therapy sessions can be via phone or video. You will qualify for a discount code to reduce the cost of your sessions and your licensed therapist who will review your case and contact you. Weekly sessions are 30-45 minutes long. If you find that you are not compatible with the therapist, you are assigned you can request a different therapist. Sessions are \$90/week you will qualify for a discount and the payments are covered by our HSA card. <https://www.betterhelp.com/>

**Disclaimer:** The information contained in this newsletter is provided for general educational purposes only and is not intended to diagnose, treat, cure, or prevent any health condition. Please consult a qualified health care professional to diagnose your health condition and prevent self-diagnosis. We do not dispense medical advice or prescribe or diagnose illness.



HAVE QUESTIONS ABOUT  
YOUR ELIGIBILITY, HOURS,  
OR HRA QUESTIONS?  
PLEASE FIND THE  
FOLLOWING CONTACT  
INFO.

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RESIDENTIAL HEALTH & WELFARE  
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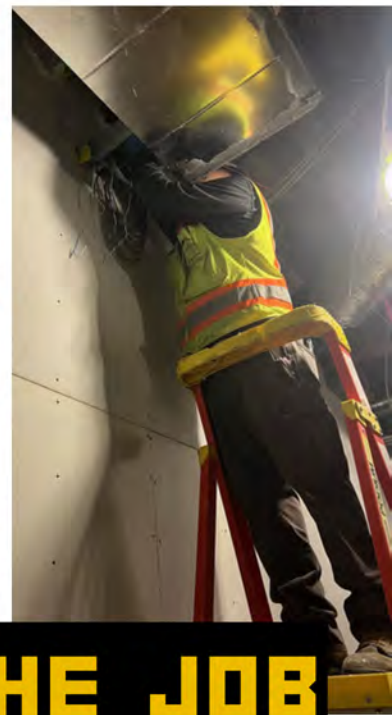
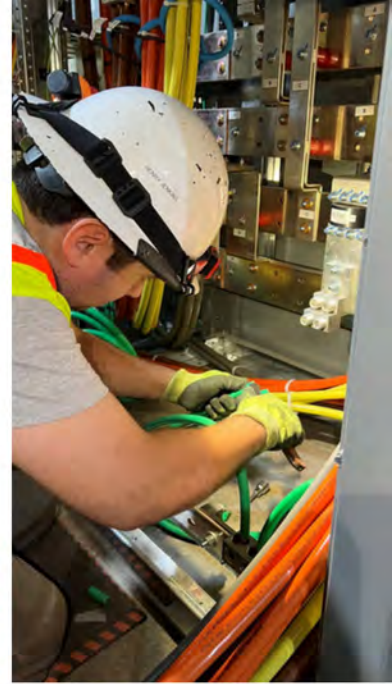
IBEW332BENEFITS.COM

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# APPRENTICES ON THE JOB

