



In The Gutter

February 1st, 2024



Its time to get ready for the annual company party (formerly known as the Christmas party lol). An evite will be sent out to everyone with the information. Please RSVP once those are received. Significant others are welcome, but this is a kid free event. We look forward to seeing everyone there on **4/6!** Who is your guess for this years Gutterman Of The Year?

If your tablet is damaged/needng repair - please fill out to tool defect report! It is a tool you use for your jobs and should be treated as such when something happens to it.

COMING SOON: JOBBER

Just a heads up that we will be moving to a different software soon! No more drive and probably no more emailed schedules!

This will be a new app that we will be using for the entire workflow of MGI! Techs will be using this app to fill out forms, wib, and more!

There will be more details and training to follow!



Atta Boys from January

Congratulations to our December winner - Kris!

Gordon & Jayton - Fahl Job

Anthony, Nick, & Steven - Synol Job

Joe, Anthony, Nick, Steven - Blair Job

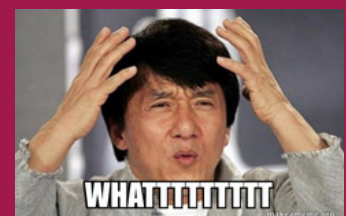
Michael & Max - Dann Job

Reminders

Incident Form - if any incident of significance happens, it needs to be reported! For example, your ladder slides out from under you. Fill out the form and it will be sent to Jason and Steve. If you are injured during the incident you will have to **ALSO** fill out the **accident form** (linked in incident form or found under the employee section of the website). This will help the company keep you safe, and if needed, start the workmans comp paperwork. If you are not injured, only the incident form needs completed.

Birthdays & Anniversaries

None





Safety Meeting Recap

Cold Stress



Cold stress occurs by driving down the skin temperature, and eventually the internal body temperature. When the body is unable to warm itself, serious cold-related illnesses and injuries may occur, and permanent tissue damage and death may result.

Types of Cold Stress

Immersion/Trench Foot

Trench foot is a non-freezing injury of the feet caused by prolonged exposure to wet and cold conditions. It can occur in temperatures as high as 60°F if feet are constantly wet. Injury occurs because wet feet lose heat 25-times faster than dry feet. [\[CDC/NIOSH\]](#)

What are the symptoms of trench foot?

Redness of the skin, numbness, tingling, pain, swelling, leg cramps, blisters, bleeding under the skin, and Gangrene.

First Aid

- Call 911 immediately in an emergency; otherwise seek medical assistance as soon as possible.
- Remove wet shoes/boots and wet socks.
- Dry the feet and avoid working on them.
- Keep affected feet elevated and avoid walking on feet as this may cause tissue damage and seek medical attention.

Frostbite

Frostbite is caused by the freezing of the skin and tissues. Frostbite can cause permanent damage to the body, and in severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

What are the symptoms of frostbite?

Reddened skin develops gray/white patches in the fingers, toes, nose, or ear lobes; tingling, aching, a loss of feeling, firm/hard, and blisters may occur in the affected areas.

First Aid

- Get into a warm room as soon as possible.
- Unless necessary, do not walk on frostbitten feet or toes.
- Follow the recommendations described above for hypothermia.
- Protect the frostbitten area, e.g., by wrapping loosely in a dry cloth and protect the area from contact until medical help arrives.
- DO NOT rub or massage the affected area, because rubbing causes damage to the skin and tissue.
- DO NOT try to re-warm the frostbitten area before getting medical help, for example, do not use heating pads or place in warm water. If a frostbitten area is rewarmed and gets frozen again, more tissue damage will occur. It is safer for the frostbitten area to be rewarmed by medical professionals.
- Give warm sweetened drinks if alert (no alcohol).

Hypothermia

Hypothermia occurs when the normal body temperature (98.6°F) drops to less than 95°F. Exposure to cold temperatures causes the body to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up the body's stored energy. The result is hypothermia, or abnormally low body temperature. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or immersion in cold water.

What are the symptoms of hypothermia?

An important mild symptom of hypothermia is uncontrollable shivering, which should not be ignored. Although shivering indicates that the body is losing heat, it also helps the body to rewarm itself. Moderate to severe symptoms of hypothermia are loss of coordination, confusion, slurred speech, heart rate/breathing slow, unconsciousness and possibly death. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know what is happening and won't be able to do anything about it.

First Aid

- Call 911 immediately in an emergency:
- Move the worker to a warm room or vehicle.
- Remove any wet clothing and replace with dry clothing. Wrap the entire body (including the head and neck) in layers of blankets; and with a vapor barrier (e.g. tarp, garbage bag) Do not cover the face.
- Give warm sweetened drinks if alert (no alcohol), to help increase the body temperature. Never try to give a drink to an unconscious person.
- Place warm bottles or hot packs in armpits, sides of chest, and groin. Call 911 for additional rewarming instructions.
- If the worker has no pulse, cardiopulmonary resuscitation (CPR) should be provided and continued until the person responds or medical aid becomes available.

Chilblains

Chilblains are painful inflammation of small blood vessels in the skin, caused by the repeated exposure of skin to temperatures just above freezing to as high as 60°F.

What are the symptoms of Chilblains?

Redness, itching, possible blistering, inflammation, and possible ulceration in severe cases.

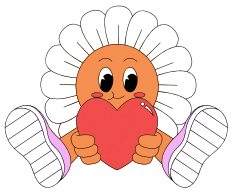
First Aid

- Avoid scratching.
- Slowly warm the skin.
- Use corticosteroid cream to relieve itching and swelling.
- Keep blisters and ulcers clean and covered.

**Foreman meeting
will be held on
02/06**

**Safety meeting
will be held on
02/13. Breakfast
will be provided.**





Do's and Don'ts



DO always note any changes in the WIB even if the estimator met on site. Note the change order and the estimator will send the updated estimate. This helps with job tracking and if a customer calls back later on.

DO always clear snow in the areas where downspouts are to make sure they are at the correct level and aren't "floating" when the snow melts.

If you are leaving the jobsite/shop for lunch - you **DO** have to clock out, including to travel there. 30 Minutes is allotted for lunch.

DON'T forget to shovel and salt walk ways after steaming! The areas you worked should be clear of snow and ice.

DON'T leave the trucks running, unless you are warming up.

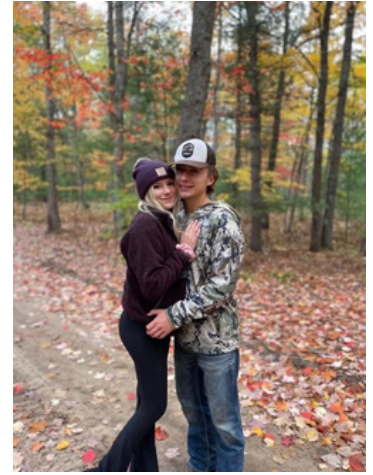




Get To Know The Crew



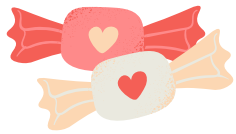
This month's
spotlight is
on Max!



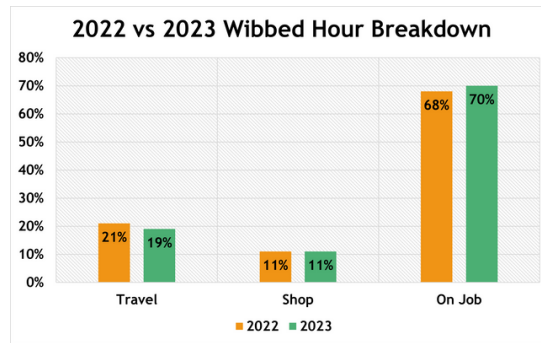
Max is 19 and was born and raised in Traverse City with his twin sister Mally, and younger brother Mason. He has been apart of the MGI team for 3 years - though it feels like longer as his mom, Ronda has been with MGI for 7 years!

Max has a dog named Maggie and enjoys spending time hunting, fishing, wheeling, and boating with his girlfriend Izzy and her dog Nova.

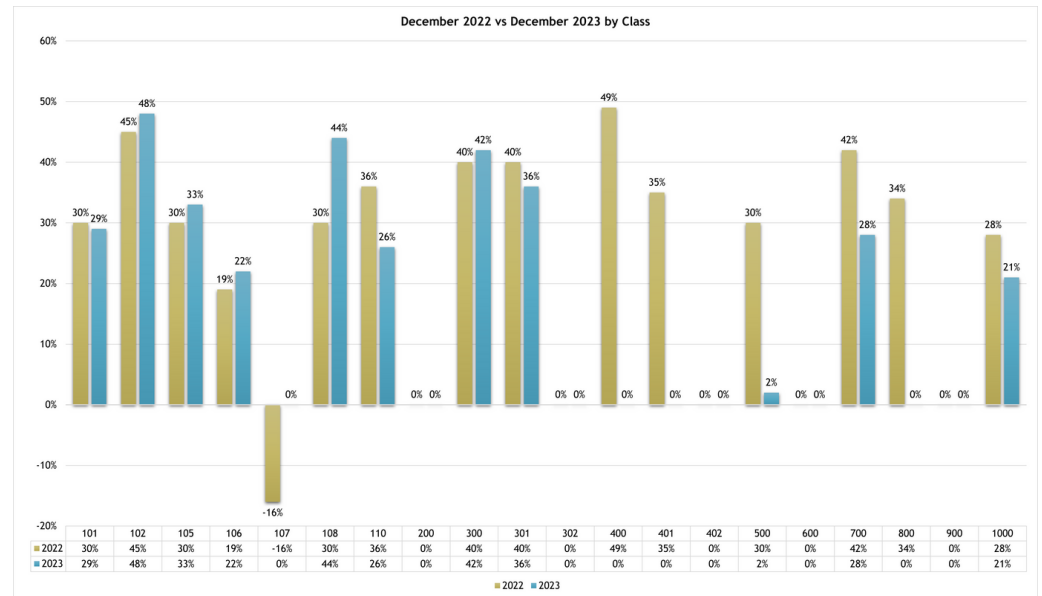




Let's Talk Numbers



101 - Standard Gutter System
102 - Cleaning
103 - Repairs
105 - Standard Gutter w/Protection
106 - Gutter Protection
107 - Ice Steaming
108 - Service Call
110 - Standard Gutter w/Heat
200 - 8" Gutter
300 - Specialty Gutter AL
301 - Specialty Gutter AL with protection
302 - Specialty Gutter AL with Heat
400 - Specialty Gutter Copper
401 - Specialty Gutter Copper with protection
402 - Specialty Gutter Copper with heat
500 - Heat Systems
600 - Snow Retention System
700 - Underdeck
800 - Drain Tile
1000 - Gaylord



Mental Health Corner

Post-Holiday Blues

The tree comes down, decorations are boxed up, and all of a sudden it is a new year. You're not alone if feelings of loneliness, fatigue, and sadness have crept in.

Some common symptoms of post-holiday blues may include:

- Regret about things you did or did not say or do.
- Emptiness due to a slimmed down schedule with fewer or no social plans.
- Loneliness with fewer interactions and events.
- Sadness that the holidays ended or that they were not what you expected.
- Trouble sleeping due to stress or intense emotions.
- Envy and sadness that everyone else had a great time over the holidays.

If you are experiencing any of the above symptoms or if mental health concerns worsen after the holiday frenzy, consider a mental health tune-up with a licensed professional. Your free and confidential EAP sessions may be just the trick to get you back to your pre-holiday self.

[Read the Full Article from Healthline: How to Prep Yourself for the Post-Holiday Blues](#)



[Ready the January Pine Rest Newsletter here](#)



PAY DAY SCHEDULE 2024	
Pay Period	Day Day (Bi-Weekly)
12/23/23 - 1/5/24	1/12/2024
1/6/24 - 1/19/24	1/26/2024
1/20/24 - 2/2/24	2/9/2024
2/3/24 - 2/16/24	2/23/2024
2/17/24 - 3/1/24	3/8/2024
3/2/24 - 3/15/24	3/22/2024
3/16/24 - 3/29/24	4/5/2024
3/30/24 - 4/12/24	4/19/2024
4/13/24 - 4/26/24	5/3/2024
4/27/24 - 5/10/24	5/17/2024
5/11/24 - 5/24/24	5/31/2024
5/25/24 - 6/7/24	6/14/2024
6/8/24 - 6/21/24	6/28/2024
6/22/24 - 7/5/24	7/12/2024
7/6/24 - 7/19/24	7/26/2024
7/20/24 - 8/2/24	8/9/2024
8/3/24 - 8/16/24	8/23/2024
8/17/24 - 8/30/24	9/6/2024
8/31/24 - 9/13/24	9/20/2024
9/14/24 - 9/27/24	10/4/2024
9/28/24 - 10/11/24	10/18/2024
10/12/24 - 10/25/24	11/1/2024
10/26/24 - 11/8/24	11/15/2024
11/9/24 - 11/22/24	11/29/2024
11/23/24 - 12/6/24	12/13/2024
12/7/24 - 12/20/24	12/27/2024
12/21/24 - 1/3/25	1/10/2025

